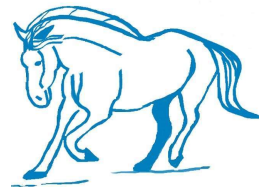


What to Wear and Bring to Lessons

Holistic Horsemanship Institute of America™



Requirements:

- **Helmets** are required whenever mounted, regardless of organized instruction or not. If you don't have your own helmet, one will be provided for the first lesson.
- **Long Pants required except in summer.** Capri pants are only acceptable if riding bareback or wearing half chaps. Absolutely no shorts. Breeches or yoga pants are most comfortable. Jeans are not recommended.
- **Close toed shoes** are required to ride or to enter horse areas including pastures, stall, barnyard and riding areas. Hiking boots or riding boots are highly recommended. If using a saddle, boots with a 1" heel are required. In winter, regular winter boots are ok if not using a saddle, otherwise winter horseback riding boots are required.
- **Water Bottle** (even in winter). This is a physically intensive sport, and it is easy to become dehydrated.

Recommendations:

- **Riding gloves** are highly recommended to prevent blisters and increase grip strength.
- **Seamless underwear** will help keep you from wearing yourself raw. The critical seams to avoid/keep small are around the legs and in the crotch.
- **Bicycle Underwear/shorts** are recommended for all boys/men for extra support.
- **Waterproof muck boots** are suggested for in the pastures/barnyard, especially during wet seasons.
- **Sunglasses** will help you maintain head position so you aren't trying to avoid looking towards the sun.
- **Sunscreen and bug repellent.** Jefferson County, Missouri is especially known for its tick population. There aren't many in the yard, but there are many of them on the trails and in the longer pasture grasses.
- **Dress in layers** in winter with wool socks, long underwear, leggings, sweater/sweatshirt and wind-proof jacket. Snowsuits are slippery and not recommended. However, Carhart (or off brand) bib overalls are acceptable. Riders will be significantly warmer when riding compared to when they are on the ground and may want to wear less clothing while riding. Consider layering gloves as well, so that you are never bare-handed and can work bridles and buckles with a very thin pair of gloves instead. Then, put thicker gloves over them whenever possible. A scarf is also recommended since hats and headbands usually won't fit under the helmet.
- **Hand warmers** for inside gloves and boots.