

Stephanie's tips for staying warm when temperatures drop

Note to parents : *The indoor arena is covered but not heated and can be very cold. Riders need to dress warmly. Here are my suggestions.*

Stay warm before you ride. Some riders are chilled before they even get on the horse. Keep your coat and warm clothes on in the barn and until you are ready to mount up. Put your coat on again as soon as you dismount to prevent chilling.

Dress in layers. Layer on zipped sweaters and vests (zip-ups can be removed while mounted, with pull-overs one has to dismount). You can then remove your coat and other layers easily as you warm up. Replace warm clothes as soon as you finish riding.

No rubber boots. Rubber boots make feet sweat then freeze. Wear leather or lined winter riding boots and warm or double socks. Tight footwear will hamper circulation and make your feet cold – have enough space to wiggle your toes.

Frosty fingers. Fleece gloves work well. Cotton or unlined leather gloves can be cold.

Legs get cold too. Cotton or polyester blend breeches are typically not warm. Riders should wear long-johns or check out polar fleece riding breeches (very toasty).

Safety too. Boots must still have a heel to prevent slipping through the stirrup. No scarves or hanging laces that can become entangled or caught. Snow pants are too slippery and bulky for riding.

With smart dressing riders can stay comfortable on even the coldest days.

Tally ho!
Stephanie