

# Stephanie's tips for STAYING WARM when temperatures drop

**Note to parents :** *The indoor arena is covered but not heated and can be cold in winter. 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 remove layers as you warm up. Replace warm clothes as soon as you dismount.

**Toes get cold!** Avoid rubber boots, they make feet sweat, then freeze. Wear leather or lined winter riding boots and warm or double socks (merino wool socks work well). Tight footwear will hamper circulation and make your feet cold – have enough space to wiggle your toes.

**Frosty fingers.** Fleece or lined gloves work well. Try warm riding mits (with a pinky finger to hold reins). Cotton or unlined leather gloves are cold.

**Legs get cold too.** Cotton or polyester breeches are chilly. Wear long-johns or fleece-lined winter breeches (very toasty).

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

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

*Tally ho!*