



Preparing Yourself For Trail Riding

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Tack

- Check tack before heading out on the trail
 - Saddle
 - Bridle
- Properly fit tack
- Consider pros/cons of leg protection
- Do not outfit horse in martingale/tie down
- Consider breast collar/breeching or tail crupper
- Consider fly bonnet



First Aid

- Have first aid knowledge
- Carry a first aid kit for the rider
- Carry a first aid kit for the horse
- Include hoof pick, multi purpose knife
- Have a cell phone on your person, not on the horse!
- Bring a lead rope, have horse wear halter underneath or bridle in which bit detaches for emergency tying
- Flashlight



First Aid Kit for Rider

- absorbent compress dressings (5 x 9 inches)
- adhesive bandages (assorted sizes)
- adhesive cloth tape (10 yards x 1 inch)
- antibiotic ointment packets (approximately 1 gram)
- antiseptic wipe packets
- packets of aspirin (81 mg each)
- blanket (space blanket)
- breathing barrier (with one-way valve)
- instant cold compress
- pair of nonlatex gloves (size: large)
- hydrocortisone ointment packets (approximately 1 gram each)

From American Red Cross

First Aid Kit for Rider

- Scissors
- roller bandage (3 inches wide)
- roller bandage (4 inches wide)
- sterile gauze pads (3 x 3 inches)
- sterile gauze pads (4 x 4 inches)
- Oral thermometer (non-mercury/nonglass)
- triangular bandages
- tweezers
- First aid instruction booklet

From American Red Cross

First Aid Kit for Horse

- emergency contact phone numbers
- syringes (large and small)
- cotton leg wraps
- sterile gauze
- non-stick pads
- cling wrap
- duct tape
- white medical tape (1 inch is a good width)
- disposable diapers (good for padding, etc.)

From My Horse University Trail Riding 101
Short Course



First Aid Kit for Horse

- Vet-Wrap or similar product
- disinfectant such as Betadine or Nolvasan
- sterile saline solution
- thermometer
- stethoscope
- flashlight (Newer LED types use less battery power and are very bright.)
- spare halter

From My Horse University Trail Riding 101 Short Course

First Aid Kit for Horse

- hoof pick
- tweezers
- bandage scissors
- latex exam gloves
- clean toweling
- wire cutters
- small roll of strong twine
- farrier's nail/shoe puller



From My Horse University Trail Riding 101 Short Course

What to Bring

- Rain gear
- Sunglasses
- Sunscreen
- Insect repellent for you/your horse
- Hoofpick
- Easyboot
- Multipurpose knife
- Cell phone
- First aid kit
- Halter/lead rope
- Map
- Compass
- Snack/water
- Riding gloves if desired



How to Prepare

- Be sure the horse is properly conditioned for the trails
- Monitor conditioning by taking pulse and respiration rate before and after ride
- Make sure the rider is properly fit as well
- Select a horse that you feel will be behaviorally suited to trail riding



Additional Resources

- My Horse University: Trail Riding 101 Short Course
- Stacy Westfall's Ride Safely on the Trail

