

## Appropriate Informal Riding for Los Lagos Equestrian Students

1. Tall well-fitted riding boots or paddock boots with half chaps. **NO TENNIS SHOES OR HIKING BOOTS!**
2. Be sure to clean and polish your boots before each lesson or ride.
3. Approved safety riding helmet with chinstrap secured while mounted on the horse is required. No bicycle helmets.
4. Secure your hair and tuck neatly under the helmet. When purchasing your helmet be sure to have it fitted with your hair completely under the helmet and the front in the middle of your forehead. It is very unattractive and distracting to have hair blowing around your face or helmet. Use a hairnet if necessary.
5. Purchase your own riding crop, a short bat is appropriate. Remove any wrist strap for safety. You should bring your crop to every lesson. It is better to have it and not need it than to need it and not have it!
6. Gloves are recommended but not required.
7. When trainer suggests, you will need spurs with leather straps. Ask the trainer what size spur. They vary in length. Learn to put straps on correctly.
8. Well fitted breeches and shirts (tucked in if needed) are required. No bulky or skimpy tops. It is very difficult for the trainer to critique your equitation with loose fitting un-tucked, t-shirts or tops, blowing around.
9. No loose fitting jewelry or dangling earrings.
10. No chewing gum.
11. No cell phones while in a lesson.
12. Take the time to look neat and professional at all times. It reflects on your horsemanship and details are a must for this sport!