



## Clothing List for Equine Activities

All sessions involving equine assistance are held outdoors, in a stable or in a covered arena at Heron Hill Arabians. As such, you are exposed to unheated buildings and unpredictable weather conditions. It is **IMPERATIVE** that you dress appropriately. Below is a list of weather conditions and suggested apparel. Please note – there are no extra jackets, sweaters, boots, etc., in the barn. It is better to over-dress and be able to remove clothing than it is to under-dress and become chilled or uncomfortable. It is always advisable to wear sunscreen on exposed parts of the body. Please remember that you are dressing to work outside and with a horse – conditions are sometimes muddy, dirty and wet. Very casual, warm and comfortable clothing is always appropriate. Even in the summer time, long pants (not shorts) are required in the stable with the horse. Baggy pants and scarves are not permitted – you need to be able to move freely with no fear of tripping or becoming tangled in props or equipment because of excess clothing.

### COLD WEATHER:

Wear layers of clothing: shirts, turtleneck, sweaters, jackets, etc. Please wear multiple pairs of socks and warm, waterproof shoes or boots. Even if the weather is moderate the ground may be cold, muddy or damp. Please wear a hat and make sure that your hands are covered. Gloves are preferred to mittens so you have use of your fingers.

### WARM/COOL WEATHER:

Wear layers of clothing as the indoor arena or stable may be cool even if it's warm outdoors. Shirts under sweatshirts under jackets are ideal as you will be able to remove clothing if it gets warm or if we move outdoors where you'll be in the sun. Warm, waterproof boots or heavy shoes are advisable.

### HOT WEATHER:

In spite of the hot summer days, the arena may feel cool to you if we work indoors. Layering of clothing is recommended – a tank shirt under a long sleeved blouse or shirt for example. That way, you can remove clothing if you get warm and retain clothing if you are in a cool area. Waterproof shoes (**NO SANDALS**) or **OLD** shoes are recommended. Leather as opposed to canvas shoes protects the foot better if the horse should step on you. Conditions may be muddy or dirty. Long pants (not shorts) are recommended.