



## RIDING ATTIRE / CLOTHING



### Helmets:

- 1) We provide Helmets for all riders.
- 2) If your child has been riding for some time then it's time to invest in at-least a basic helmet. You can find good helmets at Decathlon. If you are using a personal helmet make sure you mark it for identification.



### Riding Clothing:

#### Riding Bottom Wear:

- 1) The bottom wear during riding must be of a stretch material, snug fit, high waist and comfortable. Loose fitting bottom wears can rub against the skin during riding and can irritate the skin. One big reason for the snug fitting is that the Instructors can see the Seating and Posture position of the rider.
- 2) Bottom wear should cover the ankle. 3/4<sup>th</sup> lengths will NOT be allowed.
- 3) Stretch material Jeans/Jeggings, Gym Leggings, Snug fit Joggers as shown in images 2, 3 & 4 are allowed but the recommended Riding Bottoms are the Breeches shown in picture 1. You can pack any shown in the images. Breeches are available in sports stores like Decathlon.



#### Riding Tops:

- 1) While packing for tops think 'Weather'.
- 2) Full or Half Sleeve, Polo T-Shirts, Dry-Fit or Cotton Tees are recommended.
- 3) For winter season a long sleeve Sweatshirt/Hoodie will help ON & OFF the horse.
- 4) You can also pack a Windcheater during the winters or the rainy season.
- 5) We Do Not recommend very loose/strappy and Low-Neck tops.



#### Riding Socks:

- 1) To avoid **Chafing\***, socks length has to be above the ankles. Chafing happens when the metal stirrups rub against the ankle while riding.
- 2) Chafing does not happen when a rider is wearing Riding Boots but for the beginners who are wearing close-toes sport shoes, long sport socks become essential.

*\*Chafing : Soreness by rubbing against something (Stirrups).*



#### Riding Shoes:

- 1) For beginners, closed toe sneakers / sport shoes with long sport socks are permitted.
- 2) Once you are committed to more riding you can invest in Riding Boots.
- 3) Bulky ankle-high Sport Shoes or Trekking Shoes, Half Sport Shoes or Crocs are not allowed as they are too broad and can get stuck in the stirrups while riding.



#### Inner Wear during Riding (Recommended but not mandatory):

- 1) Grown-up boys are recommended to wear athletic supporters.
- 2) Grown-up Girls must wear a Sport Bra.