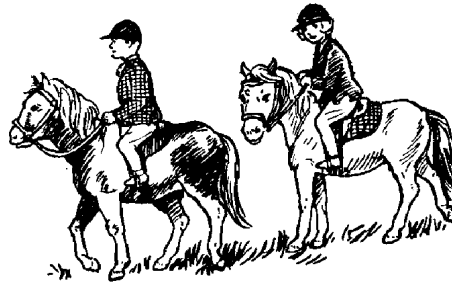


WHAT TO BRING TO CAMP



Mainly, bring a smile... but here is what else you will need.

Clothing:

- Blue jeans (very tight, flares or baggy fitting jeans are not suitable for riding)
- Sweat pants
- T-Shirts
- Sweaters
- Socks (well fitting)
- Underwear
- Solid shoe with a low heel or Runners (please note that runners are not as safe for riding as a shoe with a low heel)
- Shoes for around camp
- Rubber boots or shoes (wet feet are the cause of colds or more serious illnesses)
- Rain Clothing (We are outside in any kind of weather. Please note that loose falling ponchos might scare horses)
- Warm jacket
- Sun hat or cap Pyjamas (should be comfortable & suitable for staying with a group)
- Bathing suite

Sleepover Items:

- Foamy
- Pillow
- Sleeping bag or blankets
- Towels (face, bath & hands)
- Face cloth
- Toothbrush
- Toothpaste
- Soap
- Shampoo & Conditioner
- Brush or comb

Other:

- Sun Screen (Sunburns are painful and avoidable)
- Bug spray
- Lip balm (chapped lips are very common and are easy to prevent by supplying your child with a chap stick)
- Small flashlight
- Water bottle with a name

Please turn over

Special Note for boys:

Some boys have found the use of a Hockey cup useful and made riding more comfortable

Special note for girls:

Long fingernails are not suitable around horses. They are sure to break, which can prove to be very painful

We also suggest the use of a good sports-bra for all riding activities

We recommend that ALL belongings are labelled. Please remember that outside activities also mean getting dirty and/or wet. Make sure a sufficient amount of clothing is available to allow frequent changing.