



Endurance Riding – Crewing List for PR and GER

WATER

Water carriers, 2 or 3 no. (full)
Sloshes, 12 no. (full) in a plastic box to prevent wetting car.
1 no. Plastic funnel (refilling sloshes).
1 no. Buckets with lids for car.
3 no. Buckets for vetting area.
Sponges (suggest at least 2).

FEED

Pot of electrolytes with scoop and large syringe. Only required when the weather is hot
Manger or skip for feed
Sugar beet made up in small bucket with lid.
1 small feed for after vetting at the finish
1 no small bucket with chopped carrots and apples.
Hay in net in dustbin liner.

MEDICAL BOX

3 vet wrap bandages, aloe Vera spray or cream, salt, Arnica tablets, arnica cream, surgical spirit, wound powder, peroxide. Gamgee, cotton wool, animal lyntex.

RUGS in CONTAINER with LID

1 no Waterproof
1 no Cotton cooler if weather hot
1 no Warm cooler
1 no Thick rug (pref. Not the one you will use at night as it might get wet)
1 no Thin rug (same as above applies.)
1 no Head collar and long rope (For use running up)
Baler twine or string (always useful)
1 set of leg bandages and gamgee

GROOMING KIT BOX

1 no. Stethoscope	1 no body brush
1 pair of scissors	1 set of saddle soap and cloths
Tape	1 set of new shoes, 1 set of worn shoes
Large penknife	1 pulse monitor (if used)
1 no hoof pick	Various creams (if used)
1 no sweat scraper	Fly spray



MISCELLANEOUS ESSENTIALS

Cool box of food for rider and crew. (Bananas, fruit, yogurt, energy bars, sweets, sandwiches etc)

Cool box of drink. (Isotonic, lucozade, water)

Thermos flasks of hot water for soups, tea or coffee. (Don't forget sugar if crew or rider take it)

Maps. Pen, Paper, watch or stopwatch. Book or Newspaper to read!!

Car route written out if crew on own. (laminated or placed in a punch pocket in case of rain)

Times for rider check points. (laminated in case of rain)

Bag of waterproof clothing, coat, hat and jumper or jumpers for crew

Bag preferably a different colour from above, change of clothes for rider.

Wellingtons

Bag with spare reins. Stirrup leathers and if possible a bridle and bits.

THE RIDER NEEDS WITH THEM

Horse passport or Flu vac. Logbook and membership card. Watch or stopwatch

Hat, stick, gloves, jodhpur boots, 2 no. map holders for maps times and talk round)

1/2 chaps.

Bridle.

Breast plate

Saddle with girth (fluffy if warn) and numnah.

Pulse monitor (optional)

LIST OF THINGS TO TAKE, IF STAYING AWAY.

Corralling equipment if required

Hay and haynets.

Feed

Large water receptacle

Manger

Mucking out Equipment

Mucking out open sack or wheelbarrow.

FOR YOURSELF

Nightclothes, knickers, socks, spare change of clothes, (clothes to go out for a meal)

Wash things

Hat & gloves (weather dependent)

Torch and Alarm clock.

Tent

Sleeping bags, pillows.

Camp bed/lilo

Cooker (optional, depends on location)

Matches

Kettle and pan

Plates, mugs, knife, fork, spoon.

Table and chairs.

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DON'T FORGET TO TAKE YOUR SENSE OF HUMOUR!!!!!!



RIDERS -DON'T FORGET YOUR PLEASE AND THANK YOU'S!!!!

