



**BARNFIELDS
RIDING STABLES**
EST 1970

WHAT TO WEAR

for Riding



YOUR SAFETY • OUR PRIORITY



SAFE & SUITABLE



RIDING HAT

Must be correctly fitted and secured.
(Hats available to hire)



TROUSERS

Jodhpurs, leggings or fitted jeans.



FOOTWEAR

Boots with a small heel are essential.
Wellies acceptable for beginners.



CLOTHING

Comfortable, fitted and weather-appropriate.



BODY PROTECTOR

Optional but recommended for extra protection and confidence.



NOT SUITABLE



HELMETS

Do not wear helmets that are designed for other sports such as cycling.



JEWELLERY

Jewellery should not be worn when riding.



JACKETS

Don't wear jackets that are too loose or noisy as this can startle the horse.



TROUSERS

No shorts should be worn as your legs will rub on the saddle.



FOOTWEAR

No open toe shoes or trainers, you don't want a horse to step on your bare feet.



IMPORTANT

For your safety and the welfare of our horses, please wear appropriate clothing at all times.



KEEPS YOU SAFE



KEEPS OUR HORSES COMFORTABLE



ENHANCES YOUR EXPERIENCE



**BARNFIELDS
RIDING STABLES**
EST 1970



Sewardstone Road,
Chingford, London E4 7RH



0208 529 5200



barnfieldsridingstables.co.uk

*We look forward to
welcoming you!*

