

Human Wellbeing

- Your health and wellbeing is important too. While away from home you'll be doing activities for longer periods of time than what you might be used to while at home.
- As well as your horse needing to be kept warm in colder weather, it's equally important that you also look after yourself – pack twice as much warm clothing as you think you'll need as you won't have your home comforts. Make sure you bring plenty of warm and comfy bedding. Fuelling up on plenty of hot drinks and warm food (we will also have food carts for this) will help too.
- We have a few fun activities planned for the evenings too, so make sure you join in on these – it's a great way to meet other riders and enjoy the hospitality that we and the amazing sponsors are putting on for you.



HUMAN WELLBEING
TOP TIP:
PACK PLENTY AND
TAKE TIME OUT TO
LOOK AFTER
YOURSELF TOO!