

What to bring

- Long pants – yoga, jeans or track pants (less silky fabric makes it easier to balance on the equipment)
- Footwear – boots over the ankle with a heel for riding, running shoes or gymnastic shoes/slippers
- Dress for the weather – layers when cold, and cover for the heat (gloves, sunscreen, toque or sun hat)
- Clothing without straps, belts, strings or hoods that could get caught in equipment
- An ASTM approved Riding Helmet is required for all mounted activities – Ashfield Farm will provide helmets if necessary
- Snacks and lunch (if your child requires extra energy) and please bring a well filled water bottle
- Parents/guardians will be required to sign a waiver including your emergency contact information and fill in an Information Sheet to make sure the instructor is aware of any allergies or health conditions that may arise while your child is in their care