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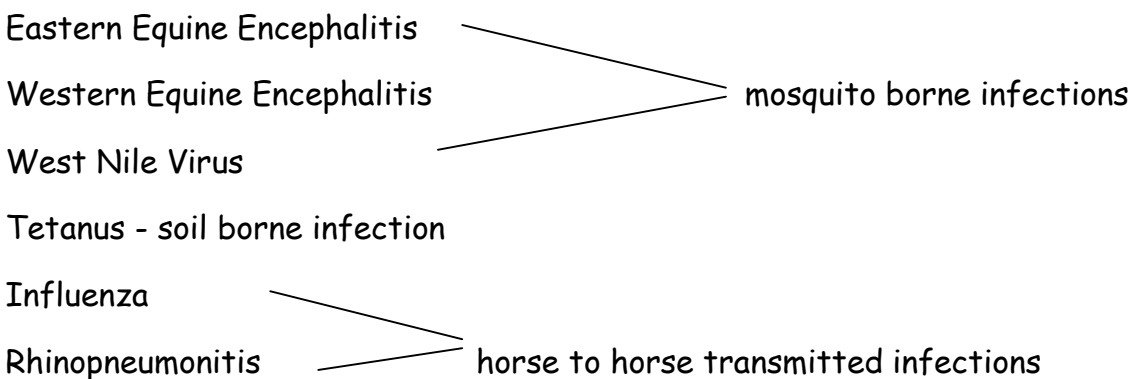
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## Wild Pink Yonder Preparation Check List

### **V**eterinarian

Have your veterinarian complete a yearly physical examination to identify possible problems or concerns; discuss the products that would be best suited for your horse:

**Vaccinations** - required vaccinations for the WPY ride:



**Deworming** - we recommend horses be dewormed 10 to 14 days before your ride date(s).

Don't spread your horse's parasites across Alberta!

### **F**arrier

Have your horse shod early so you can condition on the surfaces you will be riding on. Plan to have the last reset 10-14 days before your ride date(s) to reduce chances of needing repairs immediately pre-ride. As the ride will have some pavement, it is suggested that you consider shoes with borium on the toe and heels.



## Truck and Trailer

Have a pre-season / pre-ride inspection and maintenance of your truck and trailer done by a reputable technician. Remember tires, wheels, axles, hitch, brakes, lights, floorboards and latches.



## Conditioning

Start now! Each conditioning ride should have 3 phases:

- I. warm-up and stretching
- II. conditioning
- III. cool down and stretching

Early on in the conditioning period these phases will be of approximately equal duration. As your horse's fitness level improves, gradually increase phase II - conditioning. Throughout your conditioning program and during your Wild Pink Yonder ride, prevent sores and chafing by keeping your tack thoroughly clean. Frequently re-adjust your tack during conditioning to accommodate your horse's changing physical condition.

Ideally, conditioning occurs on the same surface types as those upon which you intend to ride - in this case, gravel roads and ditches. Imitate the work you expect to be doing on the ride - walk and trot.

Early conditioning should be mostly walking, gradually incorporating more trot. Before your expected ride date(s), you and your horse should be invigorated by 45 minutes to 1 hour of trot - not tired by it! A Wild Pink Yonder day will then feel easy!

Remember to condition your horse's brain too. Expose your horse to as many different situations as possible - trains, dogs, vehicles, mailboxes, culverts, etc.

## Biosecurity

- Remember to feed and water your horse separately from others. For your horse's safety, bring your own collapsible bucket for water.
- If your horse is sick or sore, please leave it at home.
- For yourself, frequently use hand sanitizer
- Visit the Alberta Equine Federation Biosecurity Brochure

[http://albertaequestrian.com/images/stories/files/horse\\_health\\_welfare/2008%20AEF%20Biosecurity%20Brochure%20June%2008.pdf](http://albertaequestrian.com/images/stories/files/horse_health_welfare/2008%20AEF%20Biosecurity%20Brochure%20June%2008.pdf)

## Equine Items to Consider

- Collapsible bucket for watering. There will be no communal watering trough.
- A second set of shoes, or multi-purpose hoof boots (Old Macs, Easy Boot, etc).
- Leather lacing or baler twine for saddle or bridle repairs.
- Pocket Knife
- Hoof pick
- Brush
- Spare saddle blanket
- Liniment
- Bug Repellent