



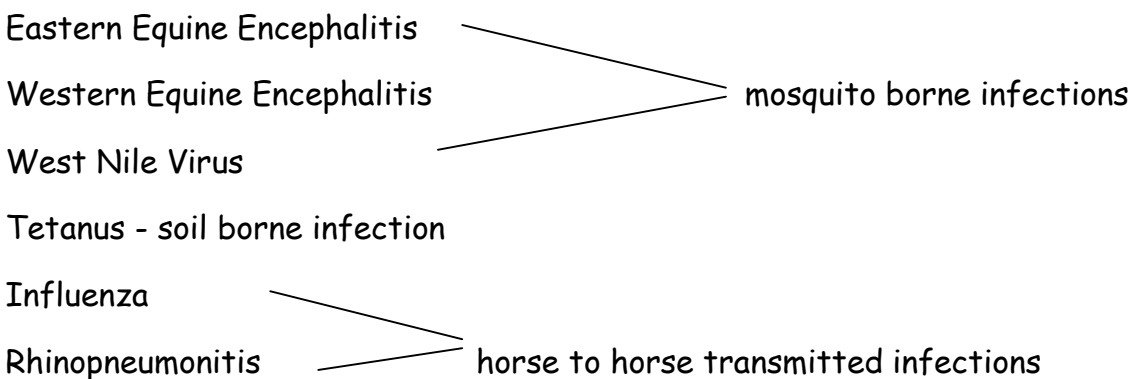
EDMONTON
EQUINE VETERINARY CENTRE
(780) 662-0112

Wild Pink Yonder Preparation Check List



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!



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

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