



## **Preparing for the Kinder Loop**

The Loop is very rugged and strenuous in places, so you and your horse need to be fit and prepared. Make sure you are ready to ride for up to six hours a day for three to four days. Some paths are very stony, so do not expect good going and a fast ride. Instead, expect fabulous scenery and a real sense of achievement.

Sections of the route follow rough paths across exposed moorland. Take account of the weather and the ability of your party (riders and horses). Be prepared to modify your route. In case of emergency (police, fire, ambulance, mountain rescue) dial 999. Be aware that some surfaces become slippery in wet weather.

### **Equipment**

Take warm and waterproof clothing and always allow for the worst weather. A waterproof jacket and leggings are essential.

In hot weather, protect yourself from the sun and carry additional water. A collapsible bucket is useful to draw water for horses.

Carry a map (Ordnance Survey OL1) and compass and tell someone your plans. Know how to read the map and use the compass and be familiar with the route before you set off each day. Put the map in a map case so it doesn't get wet.

Wear a helmet and reflective clothing and take a whistle to attract attention if you get into difficulties.

Carry some form of identification on you and your horse and have a charged mobile phone in a waterproof container in case of emergencies. Medical armbands are available from the BHS.

Take a protective equiboot and emergency farrier kit because it can be difficult to obtain a farrier at short notice.

Take a lead rope and headcollar or dual-purpose bridle/headcollar.

First aid kit for you and your horse: include a hoof pick, wound wipes, antiseptic cream, dressing, bandage, plasters.

List of phone numbers for local vets, farriers and the places you are staying.

A pen knife and bailer twine can be very helpful.

**Code of conduct on the Loop**

Pass other users and livestock with care. Walk, do NOT trot or canter past walkers or other riders.

Fasten any gates that you open.

Stay on the route, do not contaminate water, and take your litter home.

Be aware that you may meet motor vehicles on some parts of the route.

Ride at a safe and controlled pace.

Groups should not take up the whole width of the track. Leave space for others to pass.