

JC Eventing Riding Apparel Guide

Helmets:

Your helmet is your most important piece of equipment! We require all riders to wear an ASTM/SEI certified riding helmet at all times when mounted on a horse. We do have some helmets to borrow for your first lesson or two until you can get one of your own. All helmets must be specifically for riding, bike helmets or helmets designed for other sports are not made for the same kind of impacts that those made for horse sports are.

There is a wide range of prices when it comes to riding helmets, but please note that they all have to pass the same standardized testing. We do recommend the helmets that utilize MIPS or SNELL technology as this is newer science and has some safety advantages.

For younger riders, we love the helmet options with the dial in the back so that the helmet can grow with them and the helmet doesn't need to constantly be replaced. Both Ovation and Troxel are brands that have this technology and have a good selection of affordable helmets.

Riders are allowed to buy any color or style that they like, but do keep in mind that if riders plan to compete at all, black helmets are required, so you will either need a black helmet, or will need to purchase a black helmet cover for showing.

Helmets are meant to be replaced every 5 years or after any fall where the helmet touches the ground. A lot of helmet companies have programs where you can send in your helmet that you've fallen in so they can use it for research and they will give you a discount on the purchase of a new one. Please do not ever buy a used helmet, as you never know if one has been in a fall and may be compromised.

A properly fitting helmet will sit just over the eyebrows. It should fit snugly enough on the head that shaking the head up or down or side to side does not dislodge the helmet. The chin strap should sit touching the chin, there should be no gap between the chin and the strap. There are size charts for online stores that can help you decide on a helmet size, but if you're unsure, tack shops can fit you in person and make sure you're buying the perfect size!

Boots:

All riders must wear a closed toe, hard soled boot with a low heel when riding. Absolutely no sneakers or open toed shoes are allowed. For riders just starting out, something like a hiking boot or cowboy boot work well. The low heel is a safety measure to prevent the foot from sliding through the stirrup and getting stuck.

Once riders progress, they will want either paddock boots and half chaps or tall boots. These things do not need to be expensive. Paddock boots come with either zippers or laces and that choice is completely personal preference. Half chaps are designed to go over paddock boots

and cover the lower leg to increase leg grip and prevent rubbing and chafing. They come in multiple different materials including suede and leather. Whatever style is most comfortable for the rider is the best choice.

Tall boots are leather and cover the foot and lower leg. We generally only recommend tall boots to riders who are either competing frequently or for those who are done growing. They can be expensive and replacing them as your child grows can add up!

Breeches/Riding Pants:

When first starting out, leggings or close fitting jeans with no holes or rips are acceptable. Once riders get more serious, you will want more riding specific apparel. Breeches or riding tights are good options; they typically come in knee-patch or full-seat. Knee patch breeches or tights have grips on the knee area only while full seat breeches or tights have grips on the knees, thighs, and seat and provide a more secure feeling in the saddle.

Our favorite brand of breeches is Esprit Equestrian, they are comfortable, stylish, and affordable and they also have children's sizes (espritequestrian.com). If you enter code JCEVENTING at checkout, you will get a discount!

Optional Items:

Gloves: Gloves are a personal preference but are generally recommended to prevent rubs and sore hands from the reins. They can also help improve grip when the reins are sweaty from the horse during the summer months. Riding specific gloves are recommended as they tend to have reinforcements where the reins come into contact with the hands.

During the winter months, warm winter riding gloves are highly recommended to keep fingers from freezing!

Body Protectors: Body protectors look like a vest and are designed to protect your ribcage, tailbone, and major organs in the event of a fall. Body protectors have ASTM/SEI ratings just like helmets do. While we do not require body protectors, they are recommended, especially for children as they add an extra layer of protection.

Body protectors are also mandatory for any riders competing in eventing competitions, hunter paces, or those participating in cross country schooling, whether on property or off

Where To Buy:

The best thing to do when looking for riding apparel, especially helmets, is to go to an in person tack shop and try everything on. There are two Dover Saddlery locations in CT: one in Manchester and one in Ridgefield. If you are willing to make the trek, there is also a great tack

store in Natick, MA called Greenhawk Equestrian. There is also the Avon Equestrian Centre in Avon, CT which has a large selection of items and knowledgeable staff.

If going to a tack shop in person is not an option, we recommend the following online stores:

doversaddlery.com

smartpakequine.com

statelinetack.com

espritequestrian.com

ridingwarehouse.com

Please always feel free to reach out to us with any questions regarding riding apparel and safety equipment!