



## Final preparations before you travel your horse to an international competition

### In the final week before traveling

- Your horse's work-load should reduce – but keep them moving with small amount of turn out/ hacking/ gentle schooling you want to freshen them up!!
- Your horse should be stabled with limited turn out hours – this is to prepare your horse for standing for a few days and eating mostly hay whilst traveling and preparation for being stabled 24/7 whilst at the competition.
- Your horse must be on the food it will receive at the competition i.e 3 feeds a day with oil +electrolytes. (For hay/haylage see below.)

### When you travel

- Protective boots / bandages / over reach boots – travel in whatever your horse is used to traveling in. Bandages provide superior support but **MUST** be applied correctly to prevent damage to the tendons. Boots are quick and easy providing superior protection (if they stay in place) but less support to the limb.
  - You may or may not choose to apply a tail bandage or guard – do not apply tail bandages tightly (if you must use one at all) long periods of wearing them may cause your horses tail to **fall out** when you remove the bandage at the other end – if you don't need to use one **DON'T**.
- Pre pack feeds for your horse – horses will be fed at each stop off after they are unloaded and occasionally before they set off again if time allows. Make up your individual feeds in to plastic bags and label them. They wont be fed 3 times a day but I usually send a horse with 2 feeds for each day when traveling. All oil and electrolytes **MUST** already be in the feed – traveling grooms wont have time to add them.

### Hay/Haylage

- Feed whatever your horse is used to being fed, **DO NOT** change this on a whim you risk causing colic/ diarrhoea. The magic recipe for colic is a change in diet, a change in routine, and stress so we must minimise these risk factors!
- It is likely that only hay will be available at the event so having your horse on hay for the weeks prior to the competition is sensible!
- It is a good idea to run the hose over the hay that the horse will have in its hay net for travelling in the lorry. This will reduce dust whilst traveling for all the horses. **DO NOT WET** hay that is to be stored it will go mouldy.
- I would normally allocate about half a small bale per horse plus their full haynet per 24 hrs – you can put more on if there is room on the lorry.
- Before and after long journeys and whilst at competition it is vitally important that **hay is fed from the FLOOR**, failure to do this puts your horse at risk of

developing a respiratory infection (known as shipping fever). At stop offs enroute hay should also ideally be fed from the floor.

### On arrival

- Check for cuts and bangs
- Offer water
- Walk → Graze → Offer Water → repeat (remember the importance of getting the horses head down)
- Cold hose Legs and body → little walk to dry off
- Feed
- Stable bandage – do not wait for any swelling to set in. DO NOT USE elastic bandages
- Only then can you **relax**