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**Colorado Horseback Riding and Hiking
Packing List**

FOOTWEAR

- ___ 3-4 pairs socks: wool or synthetic blend (such as Coolmax or Ultimax or Thorlo)
- ___ 1 pair horseback riding boots (can be hiking boots as long as they have a heel that would keep a stirrup in place)
- ___ 1 pair of comfortable shoes or sandals for general use
- ___ 1 pair trail shoes or hiking boots for hiking

CLOTHING (including what you are wearing)

- ___ 1-2 pairs of jeans for horseback riding
- ___ 1-2 pairs of synthetic pants like yoga or comfortable hiking pants for non horseback riding activities
- ___ 1-2 pairs shorts
- ___ 2 - 3 short sleeved t-shirts (at least one synthetic or non-cotton)
- ___ 2 long-sleeve shirts (one should have sun protection, look for "UPF" ultraviolet protection factor)
- ___ 1 pair lightweight long-underwear top: silk, wool or synthetic
- ___ 1 wool sweater or fleece jacket
- ___ Raincoat and rain pants
- ___ 1 sun hat: wide-brimmed with chin strap, cowboy or baseball cap
- ___ 1 warm hat: fleece or wool
- ___ 1 pair lightweight synthetic or fleece gloves
- ___ Underwear/nightwear
- ___ 1 Swimsuit
- ___ 1 – 2 changes of casual clothes to wear at end of day

ESSENTIALS

- ___ Flashlight or headlamp
- ___ Bandanna
- ___ Sunglasses 100% UV blocking
- ___ 1-2 water bottles (each 1-liter capacity) or an equivalent size hydration system like Camelbak
- ___ 1 daypack, for hiking day (see notes on packing list for recommended capacity)
- ___ Capability to 'waterproof' your backpack. (Rain cover or a heavy-duty plastic bag to line your pack.)
- ___ Insect repellant/bug spray
- ___ Wristwatch

TOILETRIES (small everything)

- ___ Toothbrush, toothpaste, dental floss, hand sanitizer, shampoo, contact lens paraphernalia, sanitary supplies



- Sunscreen and lip protection with sunblock of at least SPF 15
- Personal first aid/patch kit - Band-Aids, 1 safety pin, moleskin, Compeed (or blister bandages), ibuprofen, any personal medications

Please note: Individuals who have had or have the potential for a severe allergic reaction to insect stings, specific foods or medications must bring an epi-pen. Please consult your physician and tell your guide.

OPTIONAL

- Favorite snacks
- Book
- Journal/art activities
- Riding gloves (leather gardening gloves or bicycle gloves)
- Bicycle riding shorts with padded crotch (to wear under your pants for riding comfort)
- Horseback riding helmets are not required/nor provided at the ranch. If you choose to bring one, please have a correctly fitted horseback riding (not bicycle) helmet.
- Trekking poles for hiking
- Binoculars

Notes on Packing

Daypacks: All hikes are on property, so we will only be a few miles away from our lodgings at any given time, so bring whatever size backpack you can comfortably fit all the items you will need for hiking. You should carry the following items while hiking: water (at least 1 liter), snacks, rain gear, warm layer, hat, gloves, sunscreen, sunglasses, phone, lip balm and any other personal items you like to have with you. Before your trip, check to be sure that it is comfortable to wear and has sufficient space for all of your items.

Clothing: While horseback riding, jeans are the most comfortable pants to wear. Cotton shirts are also good for riding. If you are planning on hiking, please bring at least 1 synthetic t-shirt to hike in.

Rain Gear: You will need a raincoat made of a coated nylon or a waterproof/breathable fabric like Gore-tex, HellyTech, Membrane, H2No, or Ultrex. **Be sure it keeps water out.** Before making this important purchase, be sure that it fits you properly. It should be large enough to fit over your layers. In particular, the hood needs to be effective. It should shield your face from the rain and turn with your head. Movement of your arms must not interfere with the hood. Put on your daypack; can you still raise your arms? Your wind/rain pants should be comfortable, allow enough room for your layers, and permit free movement of your legs (for example, can you crouch comfortably?). Partial or full-length leg zippers are useful for easily putting your pants on over your boots.

Personal First Aid Kit: Bring a small first aid kit with familiar medicine and first aid supplies you might need. Recommendations include the following: blister or foot remedies like moleskin, Compeed, blister bandages, or similar, a small roll of duct tape (always useful!), remedies for



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respiratory ailments, stomach ailments, sore muscles or joints. The guides will have a first aid kit but having what you know works well for you is a good idea.