

Suggested Supplies & Reference Materials for the HA test

sm face clippers for muzzle, top of tail, feathers if not breed-specific
alcohol
tube or small jar Vaseline to show "needed materials" - ice and cold water wraps
pkg of cheesecloth - 2 sq yards, 3'x6'
sticky spray for repairs to shipping pads
roll of BB Star cotton sheets in case need to make a new pad
extra sheets of cotton
roll of 100% cotton for pressure bandages
small measuring tape
regular scissors
curved bandage scissors - also for cutting bridle path if allowed - start UNDER halter path
saran wrap
masking tape
bandage pins
package of Animalintex or small container of poultice to show "needed materials"
jar of Furacin or other sweat medication
diapers for hoof abcess, poultice, sweat
several 4x4 sterile gauze pads
roll of gauze
brown paper for a cooling poultice or sweat - shipping paper or grocery bag.
(2) gallon zip-lock bags for ice wraps - not slider-type
Vetraps
Elasticon roll - hoof abcess, heel grab, hoof abcess, pressure wraps
(2) 6" wide Ace bandages - ice wrap
(2) 3" wide Ace - figure 8 hock wrap
several spider bandages - 10" & 12" height + material for wider if hock spider
plastic shower curtain or square rubber mat for applying shipping bandages if no mats in aisle
hole punch
PC pins, armbands or bracelet, Extra copy of your medical release.
human 1st aid kit? Check with organizer to see if one on-site already
tape reel to set lesson distances - know typical stride distances and adjust for your students
yard stick for jump heights
small cones if setting up a serpentine flat, round circle, etc. lesson
box of gloves
shipping wrap pads - 16, 17, 18, 19, 20
standing pads - 10, 12, 14, 16 - two of each size. Smaller ones for base for knee/hock wraps.
18" & 16" No Bow pads for hock wrap
(4) 9' and (4) 12' bandages plus 20' & 22' bandages for ship
cold water quilted pad - these are thin and not meant for standing wraps
(3) track bandages - hock or figure 8 knee plus a cold water wrap?
(4) polos in case your boots don't fit the assigned horse
panty hose for poultice?
small thin towel (suggested size 24"x44") for knee and hock wraps, ice wrap
your record book and barn plan

Materials for each bandage: *One from either hock or knee, one from other wraps

*Note - do not apply medication to a wound that needs to be stitched.

Hock - 16"&18" No Bow pads, folded sheet cottons or folded small towel (24"x44"), (2) track bandages for a Figure 8 or wide-enough spider bandages for a spider wrap, (2) rolled 3" Ace bndgs or rolled bandages for the hollows of the hock, standing wrap materials, bandage pins. If a wound, add appropriate dressings.

Knee - 10"&12" thinner-type or No Bow pads, folded sheet cottons or folded small towel (24"x44"). (2) track bandages if scenario calls for some allowed movement and relieving pressure on the accessory carpal bone (Figure 8). 10"&12" spider bandages if scenario calls for treating a fresh wound or less mobility as for a stitched wound. Standing wrap materials, bandage pins. *NOTE - the old USPC Bandaging book says the opposite of the USPC Bandaging Guide on the web - says Figure 8 for restrict movement! The new USPC Bandaging Guide takes precedence. Also, the USPC Bandaging Book says to place the middle part of the spider on the front of the knee - that is incorrect. See the illustration on p.55 for the correct placement. If a wound, add appropriate dressings.

Ice - (2) gallon-size plastic bags (have to double them) - not slider type, a damp towel to buffer the ice pack from touching the horse's skin, (2) 6" ace bandages, bandage pins. Bring 2nd 6' ace & small tube or jar Vaseline to show needed materials. Used to reduce pain, heat, & swelling due to a recent injury especially sprains, strains and bruises. Apply ASAP and leave on for 20-30 minutes at a time, repeating as often as necessary. If a wound, appropriate dressings under the ice bags. Cold applications are most effective immediately after an injury and for the next 48 hours.

Hoof Abscess - Animalintex cut to hoof-size or a large diaper plus small container of poultice to show needed materials, folded sheet cotton for padding if needed, Vetrap, duct tape, Elasticon.

Pressure - sterile non-stick gauze pad covered by: sanitary napkins, diapers, sheet cottons, or 100% cotton (gamgee) folded to fit. Ace bndg, Elasticon, Vetrap, track bandage applied snugly. Add more padding and another wrap if wound bleeds through. If bleeding is serious, apply immediately without cleaning. Used to stop bleeding, prevent swelling from a recent injury or to inhibit formation of proud flesh. Wrap in direction that helps close the wound. Remove after a few hours followed by a treatment standing bandage if wound on lower leg.

Heel grab - sterile non-stick gauze pad, medication, Vetrap, Elasticon, duct tape. Usually from an overreach, wrap tightly to hold the the edges of the wound together. Duct tape on the bottom of the wrap.

Cold water - quilted cold water pad, 1 track wrap, cup for ice water & small tube or jar Vaseline to show needed materials. Most effective after cold-hosing. Used for a strain, to reduce pain, heat and swelling. Must be kept wet so not left on overnight.

Shipping wrap - Wraps need to be 18'-20' or even 22' for a really tall horse - can be flannel, track or polyester. A variety of sheet cotton & gauze pad heights (16", 17", 18", 19", 20") or a whole roll of BB Satin sheet cottons to make the needed size plus a 2-sq ft package of cheesecloth, small measuring tape and can of craft sticky spray. Pads must reach from under the accessory carpal in front or the base of the hock to the ground and need to be thicker than the other types of pads. Two turns under the heels and use bandage pins to finish on the middle outside of the leg, folding the end back under if needed. Protects the lower leg, coronary band, and heels in case the horse steps on his own feet, hits his legs, or scrambles in the trailer. Also gives some relief from road vibration and swelling.

Sweat- sweat medication e.g. Furacin, Saran wrap, brown paper or diaper, standing wrap materials. Used to reduce swelling by increasing blood circulation through heat usually used for swellings more than 48 hours old. Left on for 8 hours or overnight. Do not apply sweat wrap over liniments, leg paints, etc.

Dress

	longeing and presentation - tan riding pants, tall boots, polo shirt, helmet, watch for longeing, gloves
	barn area - long khaki pants and belt - PIP <u>may</u> allow long shorts for orals only
	riding or polo shirts
	barn or paddock boots - no sperries, tennies or sandals ever at any time during the testing

Tack & boot cleaning

	small tack sponges
	tack cleaner - Lexol Cleaner, Murphys Oil Soap, bar of Castile soap
	tack conditioner - Lexol conditioner, neatsfoot oil, etc.
	toothbrushes - couple for boots and couple for saddles
	Never Dull or any metal cleaner
	few toothpicks
	bag of rags - dark so know for boots
	boot polish
	saddle rack
	small bucket
	boot buffing brush or rag
	can of wipes for touchups - tack and horse

Grooming kit

	plastic curry comb for tail
	rubber curry comb
	clean body brush
	alcohol
	plenty of clean, light-colored rub rags
	hoof polish
	mane comb, rubber glove for pulling manes & dock
	rubber bands if braiding long mane - different colors
	thread for braids - do whole mane if needed to show horse off
	Show Sheen for tail
	hoof pick
	water brush to clean hooves (small scrub brush with handle works well)
	blue shampoo or can of Bon Ami powder for white legs
	Ivory dish soap or horse shampoo
	wash buckets, scraper, large body sponge
	grooming mitt
	fly spray

Tack

	short and long side reins
	training whip for showing the horse in hand
	longe whip
	longeing strap or longe line that can be folded back to snap onto line - do not assume that the overhead gag attachment will be accepted on all horses assigned.
	longe line - 30' if possible. No loop on the end - cut open.
	longeing surcingle if possible or jump saddle
	snaffle bridle with cavesson noseband
	saddle pad for under surcingle or saddle
	girth extender
	2 sets bell boots - large and small
	4 gallop/splint boots plus 4 polos if boots don't fit
	assortment of bridles - Plain hunt-field type for a large head? Show bridle for a fine headed hunter/jumper type? Eventing type for "low-level eventer"?

Resources

	All three USPC Manuals
	USPC Conformation...
	USPC Bandaging book - but note change to joint bandages by the Guide
	USPC Longeing
	The Instructors Handbook - Pony Club
	School Exercises for Flatwork & Jumping - Eleanor Ross
	Conformation and Performance - Loving
	101 Schooling Exercises - compiled by Jaki Bell
	Grooming to Win - Susan Harris
	Horsekeeping on a Small Acreage - Cherry Hill
	Saddlery - Hillary Vernon
	Bits & Biting - Hillary Vernon
	Training Aids - Hillary Vernon
	Horse Anatomy - A Coloring Atlas - Kainer & McCracken
	Horse Owner's Veterinary Handbook (2nd Ed.) - Giffen & Gore
	Printouts:
	USPC Guide to (Upper Level) Bandaging - PC web site on HA page
	Copies of D, C1&2 + HA Standards and HA test
	Record Book Worksheet
	Lesson Plan Worksheet
	All HA files from the USPC web site
	Instructions for making pads from cottons - on Midsouth web site under RIC resources
	Suggested HA supplies - on Midsouth web under RIC resources