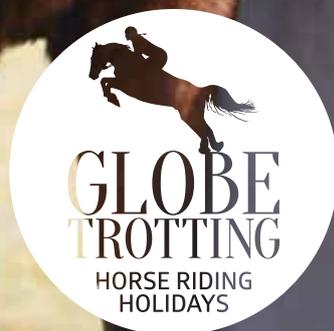


WELCOME TO OUR ULTIMATE TRIP PREPARATION GUIDE





GLOBETROTTING'S

THE ULTIMATE PACKING LIST FOR A HORSE RIDING HOLIDAY

Over the years we've honed our packing to a fine art. A lot of our globetrotting clients ask for our advice on what to pack. Even though each client is given a detailed packing list here is a general packing list. Obviously it depends on the country and the climate you'll be riding in but this list is a great starting point.

LUGGAGE

Firstly, pack in a soft, canvas bag. Suitcases with wheels are great when you're travelling to Tokyo or LA but are hopeless when you're on safari. And with most rides your transfers are either via small plane or safari vehicles so the more malleable the bag the better. Leave your suitcase with wheels in the cupboard for city-breaks. You can get soft bags with wheels if you're a single female traveller and don't have the muscles to lift your bag.

CLOTHING LIST

COTTON SCARF – love these – perfect to ride with especially when it's dusty they prevent dirt moustaches! Don't laugh we've seen plenty in our time. When worn with a singlet or a long sleeved shirt you can protect your face from dust clouds if you happen to get stuck behind the group at the canter. The scarf also comes in handy at night when the temperature drops. Or at lunchtime when it's tobassco hot you can dip the scarf into a river and cool yourself down.

RIDING PANTS We ride in Argentine bombachas in khaki or stone colour and they are the ducks nuts! Made from durable cotton fabric they're resistant to the pesky hook thorns that can be found in Africa. For hot climates they are incredibly cool and can also be worn as dress pants. Pack 3 x riding pants. We get so many comments on these pants and could sell them twice over to fellow riders.

LONG SLEEVED COTTON SHIRTS, CLOSED FRONT If you're in a sticky environment (think Africa, Brazil, Australia) these shirts are awesome for sun protection. And for colder climates you can wear a vest over the top or thermals underneath. My favourite Australian companies are Dust n Boots and RB Sellars. If your horse-riding holiday is in Africa be sure to get subdued colours stay away from red or hot pink. We're suckers for the blues, khaki or green.

HATS We strongly recommend riding in a helmet. We ride in polo helmets but it doesn't offer much breathability in hot weather. There are some great lightweight endurance helmets. You can't go wrong with an Australian Akubra. Make sure it fits well especially if you're choosing to ride in it. You know that if you lose your hat on a ride whether it's at a canter or a trot you have to shout a carton of beer to your fellow riders for the inconvenience!

BOOTS A couple of options here. We used to ride in ankle boots with Ariat half chaps. This is a good option as your inner leg is protected from rubbing when you're notching up long hours in an unknown saddle. However I've recently swapped over to knee-high Ariat boots.

HEAD TORCH An essential item if you're on a pack trip or safari in Africa. I'm an avid reader at night, it helps settle my busy mind, head torches are perfect for this. Or if you need to pee during the night and you're in the middle of the bush, with your trusty head torch you can shine a light in a lion's eye – great deterrent.

WATER BOTTLE Save using plastic bottles, take your own. My favourite are the Camelbak, which hold 2L. Also it doesn't have a lid, you don't want to be on horseback and screwing a lid on and off to take a drink of water.

SUNGLASSES WITH A STRAP Dorky or not you won't lose your sunglasses when you're on horseback and need to take them off. Sunglasses also help to prevent against dust when you're cantering at the back of the pack.

WASH BAG ESSENTIALS

ROLL-ON SUNSCREEN Easier to apply while riding along.

LIP-BALM Make sure it has sun protection and again no screw lids for quick application on horseback.

SKIN COLOURED ZINC SUNSCREEN My all time favourite is the Dermalogica 20+ tinted moisturiser and this acts as my foundation, day moisturiser and sunscreen.

WET WIPES Especially for the horse riding holidays that don't offer camp showers every day. These wet wipes are godsend in making you feel clean and refreshed until your next shower.

IBRUPROFEN If you suffer from any muscle soreness from riding, these will help. Take two tablets an hour before you ride if you're suffering from aches and pains.

PANADOL Self-explanatory.

GASTRO-STOP Make sure you have plenty of these; you never know if food doesn't agree with you. Keep them in your top pocket for swallowing if the need arises.



GLOBETROTTING'S

HOW TO CHOOSE THE PERFECT RIDING HOLIDAY FOR YOU

I've put together a list of considerations for first time globetrotters who are looking at dipping their toe into the addictive world of horse travel. In this day and age time is precious and holidays are like gold dust. Especially if you only have a couple of weeks a year away from your desk you want to choose the very best holiday to spend your time and money on. It's a no brainer for me, if you love to ride, you'll love to explore different regions, cultures, faraway lands from the back of a horse.

We have a portfolio of twenty rides and this list continues to grow. Our riding holidays are road tested first hand to make sure they tick every box in terms of quality. I can understand when viewing our rides, you may get overwhelmed at the number of choices and what best ride would suit your ability, budget and expectations so I've put together this post to help make your decision.

RIDING EXPERIENCE

First things first, your riding ability will dictate what rides are available to you and those that aren't. If you're an intermediate to experienced rider, (confident at all gaits – walk, trot, canter – have ridden as a child or for a number of years and ridden a range of different horses in your riding career) all of our rides are available to you, from Kenya through to Tasmania, Chile through to Mongolia – to name a few.

If you're a beginner rider, (you've got limited riding experience, aren't confident in a trot or a canter), then the rides I would consider are our Australian-based rides, Mongolia, Argentina and Canada.

** For experienced riders reading this, you might be thinking I would prefer not to have beginner riders on the same ride as me, as I would like to trot and canter. Rest assured, our guides will split the ride, if more experienced riders are wishing to canter or trot.

BUDGET

You need to ask yourself how much you want to spend on the ride itself and remember our rides don't include travel insurance, flights or tips at the end of the ride. BUT what they do include is absolutely everything while on your horse riding holiday from unlimited riding, food, accommodation and a bloody good time.

Kenya and Botswana are our premium, blue chip riding destinations and deservedly so. They offer the X-factor that no other destination offers – up, close and personal encounters with wild game – while being enveloped in white glove safari luxury.

Mongolia on the other spectrum is extremely cost effective, and if you have a good sense of adventure, happy to erect your own tent, eat hearty, camp food and appreciate that itineraries don't always go according to plan, this is a winner as well.

Our Aussie rides fall around the \$3000 mark for six days, all-inclusive, which is very good value for the level of riding, accommodation and horses. Canada and South America is also a very cost effective ride for most of our globetrotters.

HOW MUCH TIME DO YOU HAVE?

If you've only got a week including travelling time and you're based in Australia, our native rides are great for an equine mini-break. If you've got more than 14 days up your sleeve – consider an overseas riding destination. Riding holidays in Africa, South America, Japan, Canada, Mongolia, you're spending a bit of cash on flights, so make sure you block out two weeks plus to squeeze in a 7 or 10 day ride and travelling time either side. Try and give yourself one or two nights in the country before the ride begins so you have time to re-cover from jet lag before starting your riding holiday.

WHAT TIME OF YEAR ARE YOU LOOKING AT TRAVELLING?

This is a big factor. Some of our rides are only available six months of the year and depends if you're choosing to travel in the northern or southern hemisphere. Here is a breakdown of the rides available throughout the year:

ALL YEAR ROUND RIDES: Sunshine Coast, Botswana, Namibia, Kenya

OCTOBER THROUGH TO APRIL: Tasmania, Snowy River ride, Japan, South America (Argentina, Brazil & Chile)

JUNE THROUGH TO OCTOBER: Mongolia, Canada

RUSTIC VERSUS GLAMPING?

If you're the kind of rider that loves a gin & tonic handed to you while your horse is whisked away to be unsaddled you'll prefer our 'glamping' style rides. These riding holidays you do not lift a finger from start to finish. I'm not kidding – your boots will be polished for you, washing done, three course meals, wine – all the bells and whistles. Or if you're comfortable with a swag underneath a canopy of stars, or wrangling with tent assembling at the end of ride, than you won't mind our rustic rides. Whatever tickles your fancy, we have both Personally, I like both!



GLOBETROTTING'S

WHAT MAKES THE PERFECT SAFARI HORSE

It's a huge undertaking to jump on a new horse and build a relationship in such a short amount of time – equine speed dating – so to speak. And that's what you do when you sign up for one of globetrotting's horse riding safaris or holidays. So, I can understand that one of the most common questions I get asked at trade shows is 'can I bring my own horse?' As everyone believes their horse is the ducks nut as they know them inside out and can trust them. But even so: you wouldn't want to take your eventer or Sunday-riding horse to Africa and show them a herd of giraffe for the first time. The safari horses found on our riding destinations are born and bred into the environment and therefore are familiar with the sights, sounds, smells and terrain.

It's a common concern for globetrotters to be nervous about riding different horses but think of it this way: it's a great chance to improve your riding skills by familiarising yourself with a different horse and its quirks. Have you heard the saying 'you're only as good a rider as the number of horses you've ridden?'

More often than not you'll fall in love with your safari horse and want to take them home with you! Trust me, I've ridden some of the best horses of my lifetime on a globetrotting safari.

For me an ideal safari horse has the following traits:

} Respectful on the ground. Not pushy, ties up well, feet can be picked up easily. Not girth shy, leads well.

- } A fast paced walker. Some riding itineraries that we offer (think Namib Desert ride) there are oodles of hours in the saddle and the majority at a walk. There is nothing worse when you're constantly reminding your mount to walk faster. It's exhausting to say the least. A good safari horse has a lovely fast paced walk.
- } With horses and their herd mentality it's a lot to ask a horse to walk away from their mates. But for me it's paramount. I want to be able to stop, take a photo without the horse jig-jogging on the spot. If I drop something, I want to be able to stop pick it up (without alerting the entire group), and mount by myself without the horse spinning around in circles, eager to join the rest of the herd.
- } Some horses are natural leaders; I love a safari horse that is happy to walk out in front without spooking at suspicious looking rocks! In saying that, you want your safari horse to be able to hang at the back of the riding group without prancing and dancing as if he's going to be left behind.
- } A soft mouth. This is hard; you've got to take your hat off to the safari horse and their trainers. They have A LOT of new riders on their back throughout their safari season and can easily pick up bad habits. Ideally your safari horse is in a snaffle and can canter on a loose rein. Again, some of the rides require long hours in the saddle and a lot cantering. You don't want to be fighting your horse to slow down at every canter.
- } Vain as it may sound, you want to feel good astride your horse. And that happens when your horse holds himself well, ears pricked, forward moving, alert but not skittish, confident.
- } I love a safari horse that can jump well. I LOVE to cross-country jump and on some of our rides (Maasai Mara, Estancia Adelaida) you have plenty opportunities to leap over fallen logs – if you want! There is nothing better when your horse and you can share a love for jumping and you're confident that your mount will not only jump but jump well.
- } This is a personal like; I love a pocket rocket safari horse. Nothing bigger than 15.2hh and has a bit of spark about it. Turns on a dime, cracking speed and well mannered.

These are the traits that I look for in the safari horses that are offered to my guests. When I road test a new ride I'll ask to ride a range of horses earmarked for beginners to advanced riders to make sure they fit our bucket list.

And with all of the rides that we offer there is always an introductory ride, where you'll be teamed with your mount according to your ability. The ride is generally a morning or afternoon ride and if you're not happy with your horse, whether it's too much for you or too dull, you have the option to change. Keep in mind, it's hard to base your judgment on one ride, and depending if the ride is camp based, there are only a certain amount of horses available to change.



GLOBETROTTING'S TIPS AND TRICKS FOR GOPRO-ING ON HORSEBACK

GoPro's are the perfect filming device when riding a horse, as they are pocket size and have built-in stabilising facilities. Unlike a handheld camera where the footage becomes a 30-second tribute to the sky or ground, a GoPro can be fixed to a helmet, pole or chest harness to hold it steady and allow you to concentrate on riding. Kind of important!

There are oodles of GoPro accessories that you can buy. We've trialled and tested quite a few to find the best angle when riding. This is the equipment that works for us:

The camera body that we're using on our rides is the [GOPRO HERO4](#) we've also got older versions, but the Hero4 is a vast improvement with the vibrance of colour and the breadth of ISO for recording in low light conditions. I'm not going to go into the technical attributes as you can find this online. It does come with the waterproof housing and also the WIFI remote so that you can steer the GoPro from the remote (we have the wrist band), this is especially handy when the GoPro is already fixed to your helmet. Keep in mind, the majority of our rides there is no WIFI so the remote doesn't work or cuts in and out.

[GOPRO HELMET FRONT MOUNT](#) – this is an easy and no-fuss way to record when riding. You need to make sure it's titled so it has your horse's head and neck in the foreground to give perspective when filming. In saying that, it gets quite boring watching this one frame, unless you're jumping or playing polo, which is fast-paced and action driven. If you're going for a leisurely trail ride through the bush, you'll need to switch it up.

I would suggest recording when your guide tells you you're about to go for a canter or trot or approaching wildlife. Don't record for hours at a time as you'll not only chew through your battery you'll waste valuable card space. With the wide view, wildlife looks miniature in size unless you're eyeballing them, so if you want your riding friends in the frame at a decent size get up, close and personal.

GOPRO CHEST HARNESS MOUNT – we don't have the chest harness, but I've seen footage using the chest harness when riding a horse. It's not a great angle to view your ride from unless you are really tall the entire frame is of your horse's neck. And also when you ride, you're moving your head to take in scenery not your chest, so it will be a completely static view the entire time. Also, it's not the most comfortable harness to ride in for long periods at a time. And for women, it looks weird with your boobs, a valid concern!

GOPRO HEAD STRAP MOUNT- similar to the helmet front mount, if you don't ride in a helmet (we recommend you ride in a helmet!), then the head strap mount can fit over a cap, akubra with adjustable straps. Keep in mind, it's not as stable as the helmet front mount so your footage may not be as stable.

GOPRO SUCTION CUP – clearly this won't stick to your horse's rump or neck (unfortunately), but we do take our suction cup on trips with us. The reason being, we stick it to cars when we're travelling to the location. When editing our videos it's great to fast forward the drive into a property for the first time to see the landscape, culture and accommodation as an introduction to the ride video.

GOPRO WRIST HOUSING – This is an okay mount for a different angle when riding. Obviously the GoPro needs to be facing out but it's a super angle to interlace with other footage and it doesn't obscure your riding. It's best when riding with groups and again when you're having a canter or gallop, you can approach fellow riders and angle the GoPro to capture them cantering beside you. Make sure the wrist strap is tight and secure before recording.

GOPOLE BOBBER – this is a hand grip pole which was released for water filming as it floats. We always take the bobber on our trips as it's handy if you want to film under water when horses are swimming. It's also small enough to attach to your GoPro and throw it in your saddle bag or pocket in between riding. If you're comfortable at riding one handed, I love this mount. One of my favourites.

GOPOLE EXTENSION POLE – Last but certainly not least, we find this is the best mount for riding after a recent trip to Canada. It's not for everyone, as you have to ride one handed the entire time, so if you have a horse above your skills, it might not be wise. Steven and I take it in turn riding with the extension pole, but you'll see that it's transparent plastic so it doesn't obstruct your frame when filming and it floats. It gives you a range of angles, where you can film an aerial shot of yourself riding along and your fellow riders.

BATTERY & MEMORY CARDS

A lot of our remote rides in Kenya, Botswana, Namibia don't have access to power throughout the trip so battery conservation is paramount. Depending on your budget, I would make sure you have at least three batteries in your kit bag. We've been known to chew up a battery in one day. A good option is to take an auto charger so you can charge flat batteries from a vehicle. A lot of the safaris have support vehicles, so you'll be able to charge your batteries when you get stuck. This is what we've done in the past and it works well.

I would prefer to have 2 x 32GB memory cards in my kit rather than one 62GB card where it becomes the mothership of all your video files. What if you were to lose it? What if the card errors? You probably won't use an entire 32GB card throughout the trip, but it's good to change them throughout the trip just in case.

Once home, it's the moment of truth where you download your video files from your trip and relive your ride. No doubt you'll have a library of video files of your trip, some will be great and others not so much. Friends and family don't want to see your unedited video footage unless someone is being gnawed by a lion or fall into a icy, fast-flowing river. If you do want to show friends and family, and if you have the skills, you should compile the highlights of your video footage and put it together into a video montage. So five minutes maximum of your trip with one of your favourite songs as backing music. Short and sweet is the trick here.

It's a lot of work but worth it in the end and then you have a polished keepsake of your trip that is in a bite-sized format that you can share on Facebook, vimeo or via email. The software that we've used is iMovie (sorry we only work on Macs, I don't know the PC software equivalent) and have recently up skilled to Final Cut Pro. There are a plethora of youtube videos out there educating you in the finer skills of video editing that can hold your hand through the process.



GLOBETROTTING'S TRAVEL INSURANCE FOR HORSE RIDING HOLIDAYS

We recommend all of our globetrotter's sign up for travel insurance the moment they book their saddle seat. It's absolutely imperative when booking a horse riding holiday to be covered by travel insurance so that you have a safety net in case unexpected circumstances arise.

Travel insurance can cover you for financial losses caused by a wide range of events that can affect your trip, whether they occur before, during or even after your trip. These might include travel modification, cancellation or interruption, medical expenses, baggage damage or theft and more.

Travel insurance should be a priority in all travel arrangements, whether you travel regularly, occasionally or you are setting off on a once-in-a-lifetime trip. For international journeys, the Australian Government advises that travel insurance is as important as a passport, regardless of your destination.

You should purchase a travel insurance policy as soon as you have paid for your trip. That way you may be covered for unused travel and accommodation in the event that you must cancel your trip due to a covered event, such as illness or a natural disaster.

Now horse riding can be unpredictable at the best of times, so it's **ESSENTIAL** to have a travel insurance policy that specifically covers horse riding as an activity.

WHY INTERNATIONAL TRAVEL INSURANCE IS SO IMPORTANT

Incidents that may be easily manageable in Australia can become expensive and difficult to negotiate when you are in another country.

Most international travel insurance policies cover overseas medical and dental expenses, lost or stolen luggage, liability cover, accidental death or disability, and expenses if you incur a financial loss due to delays, cancellations or rescheduled arrangements.

Some travel insurers offer additional services, such as 24-hour medical emergency translation, which can make a huge difference to the quality of treatment you get while travelling. Medical treatment in some countries can be exceptionally expensive and in some cases it can be difficult to be admitted to a hospital and receive treatment unless you are able to guarantee payment. When you travel overseas, you are personally liable for covering your medical costs. It's not uncommon for even a short stay in, for example, an American hospital to cost tens of thousands of dollars.

According to the Department of Foreign Affairs and Trade (DFAT), daily hospital costs in Southeast Asia regularly exceed \$800 and return of remains from Europe can cost in excess of \$10,000. The cost of medical evacuations from the United States regularly range from \$75,000 to \$95,000 and sometimes up to \$300,000. DFAT has also handled medical evacuations from Bali in which costs have exceeded \$60,000*. Travellers who are not covered by insurance are personally liable for covering the medical and associated costs they incur overseas.

DFAT assists more than 20,000 Australian travellers each year who find themselves in difficulty overseas, including more than 700 hospital admissions, 600 deaths and 100 evacuations of Australians to another location for medical purposes. However, the Australian Government does not pay any costs, such as legal fees, emergency flights or medical care. The Smart Traveller website has up-to-date travel advice, news, guidance and important information for Australians travelling overseas.

TRAVEL INSURANCE THROUGH YOUR CREDIT CARD

First things first, if you have a credit card, I would suggest giving your bank a call or read through their Product Disclosure Statement (PDS) to see if a) your current credit card includes travel insurance and b) if that particular travel insurance policy includes horse riding and c) whether there are any requirements you need to meet to qualify for this cover.

TRAVEL INSURANCE AGENCIES THAT INCLUDE HORSE RIDING WITHIN THEIR POLICY

As at the time of writing here is a list of insurance companies that include horse riding (does NOT include professional riding such as hunting, polo, show jumping, eventing, horse racing) within their travel insurance policy –

COVER MORE www.covermore.com

GOINSURANCE www.goinsurance.com.au

CHI TRAVEL INSURANCE www.chitravelinsurance.com.au

WORLD NOMADS www.worldnomads.com.au

**Double check with the insurer above before committing to your policy.



GLOBETROTTING'S HOW TO GET SADDLE FIT FOR A RIDING HOLIDAY

If you don't have your own horse but have signed up for a riding holiday you want to make sure that your body is saddle fit. Let's face it there is nothing worse than being saddle sore from day one of your much anticipated trip. Of course there is always a glass of wine and some ibuprofen that will soothe the aches and pains of a night time BUT it's not ideal. You don't want to be limping around like an old woman or man and gasping with pain every time you're in the saddle.

The majority of the rides that I offer you're expected to be in the saddle for at least four hours a day. And if you've signed up for our rides in Namibia, Kenya, Botswana, Mongolia you can spend up to seven hours in the saddle especially on days where you're moving from one camp to the next. If you're not riding fit it's going to affect your enjoyment level. Just think every trot and canter you'll be wincing in pain rather than appreciating your surroundings, horse and wildlife.

So do yourself a favour and put some time into preparing your body for long hours in the saddle.

CLOCK UP AS MANY HOURS IN THE SADDLE AS YOU CAN

If you're fortunate to have your own horse and are regularly riding two to three times a week in the lead up to your riding holiday, you're more than prepped. If you have access to a horse, but haven't ridden for awhile, make sure you block out some time on the weekend and mid-week to ride. You'll need to start a month out from beginning your horse riding adventure.

When in the saddle, make sure you post to the trot for at least seven minutes at a time. And also seven minutes or more at a slow paced canter. If you normally sit in the saddle at a canter, start practising cantering out of the saddle where you balance on your stirrups with light hands (don't hang off your horse's mouth). This helps take the weight off your horse's back which will be a welcome relief for your mount.

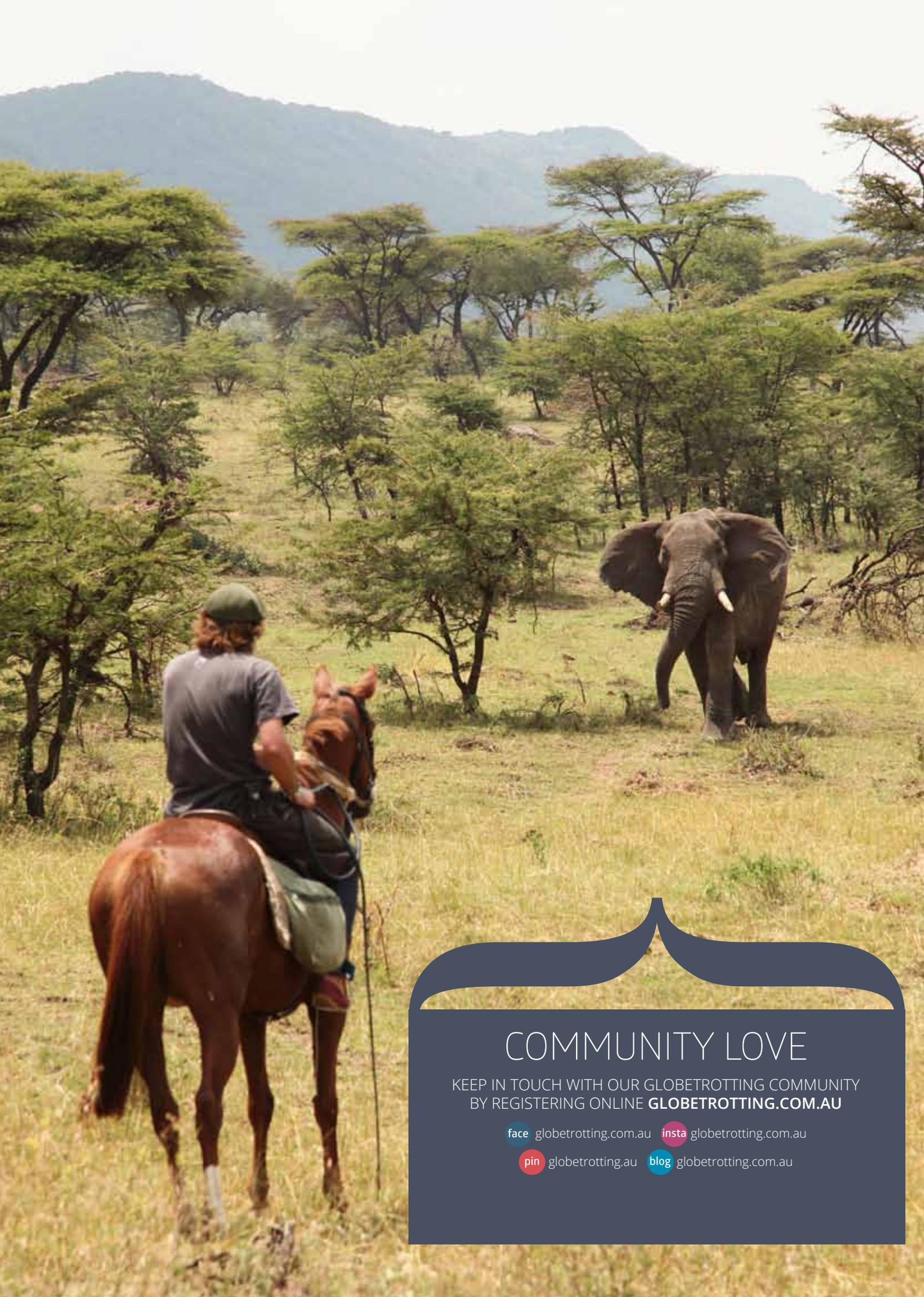
I'm very aware that you may have signed up for a globetrotting holiday but you haven't ridden for four or five years. You love horses and have ridden in the past, but whether it's career, money, young family or living circumstances you don't have a horse or ridden for a long time.

I totally get it, and that's why you've booked on this ride as you're desperate to feel the freedom of riding again. If you've signed up for any of our international rides I strongly urge you to do some riding before your riding holiday. Even if it's just for a confidence boost to confirm that yes you can ride and you love it!

If you're stuck in a city, there are plenty of riding stables, where you can hire a horse. I would ring them first and ask what type of riding they offer for intermediate to advanced riders. Ideally, the best training for a riding holiday is to trail ride rather than a dressage lesson in an arena.

OFF THE HORSE TRAINING – PILATES

I'm a huge advocate of Pilates and I'm super fortunate to have a brilliant teacher and studio a ten minute drive from me. Whether it's a reformer or matt class, both work on your core strength which is imperative for posting to the trot and cantering. While riding you engage your upper and lower legs and your biceps to control the horse, Pilates is brilliant for honing in on specific muscle groups while still being low-impact. If you can't notch up enough hours in the saddle before your riding holiday, I whole heartedly recommend signing up for a Pilates class at least once a week.



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