

THE UNMENTIONABLES

Comfort in the saddle matters



Spending several hours in the saddle – sometimes over two or three days – can leave you a little saddle sore.

One suggestion from a member that they found really helped was to apply a little Vaseline before riding. Yes, it's a bit yeuky... but it can save that unpleasant sting after the first post-ride wee!

UNDERWEAR CHOICES

Underwear choice is key, and everyone will have their own preference when it comes to style and fit.

An endurance ride probably isn't the time for your best frilly pair, and it's definitely not the day to test out a brand new style.

Go for what you know works and what feels comfortable for you, your training rides are the best time to try different ones if you fancy a change. Many riders swear by different brands – from Sloggi, to Oddballs, to good old M&S basics.

SUPPORT MATTERS

Ladies – finding a bra that works is really important.

Depending on your size, light yoga-style support may not be ideal for hours in the saddle. Thin straps on a larger bust can also lead to sore shoulders over time.

Again, other members will likely have great recommendations for brands and styles that work for them.

TABOO SUBJECT

It might feel like a bit of a taboo subject, but rider comfort really matters.

If you're uncomfortable you won't enjoy the ride as much. You may adjust your position in the saddle which can change the pressure on your horse's back, So it's definitely something worth thinking about.

Comfortable rider = happier horse