

Hi!



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## How to Compete at a CDE Without Your Significant Other

By Cathy Thomas

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## My Background

- Eventing
- Ridden Dressage
- Driving beginnings



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### Key to Going It Alone is Organization

The more you do ahead the less stress @ the CDE

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### Before You GO! Paperwork

- Entry
- Health Certificate
- Hotel Reservation
- Maps
- Copies of Dressage Test
- Marathon Time sheets pre-printed  
(available at <http://drivingnews.us> under driving tools)
- Packing list
- Event Info

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### Maintenance Before You Go

- Trailer Checkup  
*(October Wheelhorse has a link to recommendations offered by Double D at the annual meeting)*
- Truck Checkup
- Carriage Checkup, brake fluid
- Moped Checkup, gas and oil

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Before You GO  
Make Lists Lists Lists

- Packing List
- Dressage/Cones Prep List
- Marathon Prep List

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Sample Packing List

- Paper work – Coggins papers Health certificate, ADS card, Registration papers, maps phone numbers, dressage test, Omnibus, Rule book, Contact Card for stall door, Medical arm band, calculator, marker
- Stall Setup – 2 water buckets, 2 bucket hangers, Feed tub, Fan, Stall guard, Extension cord, Bungey cords for fan, Shavings, Electrolytes, Hay, Grain in baggies, Manure fork, Muck bucket with trolley, hay bags, horse sheet
- Carriage and harness cleaning equipment – Scrub brush, Tooth brush, Pledge, Brass polish, sponges, Towels and rags, Teflon spray (for squeaks), WD-40, Small bucket, wheel jack, detergent

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Sample Packing List Continued

- Clothing — walking shoes, muck boots, rain gear, work gloves, show clothes, hats, helmets, safety vest, knee highs, show shoes
- Personal stuff — Toiletries, extra truck keys ( outside of truck), First aid, ibuprofen, pillow, alarm clock, money, credit cards, sunglasses, sunscreen, mosquito repellent, ball caps
- Bath supplies — Bucket, sponges, sweat scraper, shampoo (Dawn dish soap works great getting white horses white), hose and nozzle, show sheen

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### Sample Packing List Continued

- Miscellaneous – Food, cooler/ice, water, beverages, bike, dog stuff, step stool, trash bags, garbage can, paper towels, tarps, shovel, umbrella
- Tool box and related – Binder twine, double-ended snaps, nails, hammer, crescent wrenches, scissors, safety pins, matches, picture wire, zip ties pony tail holders, wheel chocks, flashlight, stud kit
- First Aid Kit – Thermometer, Wraps and bandages, furazone, latex wrap, adhesive tape, epsom salts, Bute paste, stethoscope, Swat, Vaseline, wool cooler

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### Dressage and Cones Prep List

- Driving apron
- Hat, gloves
- Whip
- Competitor number on carriage in number holder
- Pre-competition checklist completed
- Towel for carriage floor
- Show outfit, shoes, hairnet etc.
- Clean harness
- Ear net
- Fly spray
- Raincoat, hat, apron if weather threaten
- Dressage test in pocket
- Carriage lamps if needed

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### Marathon Prep List

- Two whips (extra taped on carriage), SMV sign
- Two number holders (one for competitor number, one for green card)
- Helmets, Safety vests, Medical arm bands, Grippy gloves
- Helmet cam
- Stop watches, water bottle
- Time sheets, Pre-competition checklist
- Gator grip or bike handle bar tape on hand holds for navigator
- Spares kit, duct tape, spare halter and lead, folding bucket, spare tug, hold back and trace
- Clothing, shoes
- Vet check supplies – 2 buckets, one labeled for drinking water and one labeled for body wash (water containing rubbing alcohol), sweat scraper, sponge, towels

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### My list

Dressage	Marathon
Hat	Cerriage prep
lap robe	2 number holders
Dress jacket/scarf tec.	2 whips
gloves	Times
dress boots	watches
dress skirt or pants	
hair elastic and net	medical arm bands
sash/knee high	cover for WCC
mirror	Ziku harness
lipstick	gloves
hair brush	spare
	knives
wedge seat and strap extension	bulky visa
corduroy seat	SNW sign
whip number and number holder	helmets and covers
pre-competition check list	Split boots
order of go	Wet Check buckets w/scrapers
dressage coat	electrical tape
ring layout sheet	duct tape
rain hat and coat	Mud knot in tail
girth gloves	
whip	
dress harness with collar	
fly spray	
rub	
hoof block	
Trades ear bonnet	

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### My List cont'd

Other	Clothes
Horse food Thur,Fri,Sat,Sun,Mon	4 prs of jeans
Hay, figure 1/2 bale a day	black hoodie
fill hay bags for trailer	2 capris pants
Supplements	white hoodie
Electrolytes	Dress boots
Red sheet	girth
white sheet + neck cover	vest
Turtleneck	coat(s)
4 buckets (2 for stall, w/hangers)	8 tops 1/2 warm, 1/2 cold
Bath stuff	sunscreen
toys	phone/chargers
ropes	Medications (Ibuprofen)
saddle rack	Hats
brush bag	hair die locks
step stool(s)	SOCKS
feeding stuff	undershorts
Camera	bra
Manure bucket/hork	tooth brush
Wetters	tooth paste
Health certificate	brush comb
sun-glasses	ear plugs
GPS for truck	
phone and chargers	

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### Harness Cleaning Before You Go

Practice with Your Dress harness within the week before you go

If you have brass on your harness you can clean it before you go and store in large vacuum bag (Space bags) wrapped in a cotton sheet

If you have Zilco you can wash it in the dish washer on gentle cycle and it will look like new!

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### Feed Prep Before You Go

Bag feed in Individual Feedings with any supplements added (label if am is different from pm)

Bag hay bales in Hay bags

Fill Hay Feeder bags

Pack electrolytes

Prep Beet Pulp in bags

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### Time to PACK and LOAD

I Fit Everything in a 2-horse trailer and pickup truck!

- Assemble all your list items and pack them in appropriate containers labeled with contents (put your name on everything you can)
- Bale bags allow you to put hay on carriage with tie down straps
- Manure fork, shovel, ramps can go under carriage in truck
- Cooler with ice and beverages can go on back step with tie downs.
- Load the trailer with all your list items in labeled containers, makes it easier for you or any helpers

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### Time to Load it all Up

- I load my road cart in the front of my trailer with containers packed under and around it, manure bucket with all other buckets in it fit under the cart too.
- I put one harness bag in floor of road cart and hat boxes on seat
- Next to load is my moped, secured with floor and lateral tie downs
- Fresh bedding in stall area
- Hang hay bag
- Water for trip

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### My Trailer Ready to Load



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### Road Cart Loaded



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### Marathon Vehicle Loaded



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### Moped Loaded



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### Horse Prep for Trip

- Check shoes if you use them
- Bathe and clip horse
- Feed Beet Pulp and/or a bran mash for two feedings before trip
- On morning of trip feed well soaked beet pulp prior to loading (this will help with hydration if your horse is like mine and won't drink while on the trailer.

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### Your Navigator

- Arrange for a navigator ahead of time if possible.
- The show organizer can probably help you with this if you can't kidnap a friend.
- For training and preliminary your navigator does not have to have previous experience but they should be knowledgeable around horses. How much experience they have will determine how much you will have to teach them before marathon.
- For Intermediate and above I highly recommend your navigator to be well qualified and have experience at that level due to the increased speeds in the hazards. The best scenario is to have a regular navigator who has practiced with you numerous times!
- Your navigator should have a medical arm band, helmet, gloves, safety vest and grippy shoes.

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### Learn Your Courses

Since you have put in the effort to be well organized you will have plenty of time to learn your courses. Have your navigator learn your routes as well and have them drill you on them. The better you know where you are going the better you can drive your horse!!.

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### Other Hints

1. Save your back! Use ramps, dollies etc.
  2. Get sleep!
  3. Check in at Secretary Message Boards often
  4. Need help? Need advice? Ask your fellow competitors! I love CDE's because of the camaraderie!
- **HAVE A GRAND TIME** by not taking things to seriously

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The End!



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