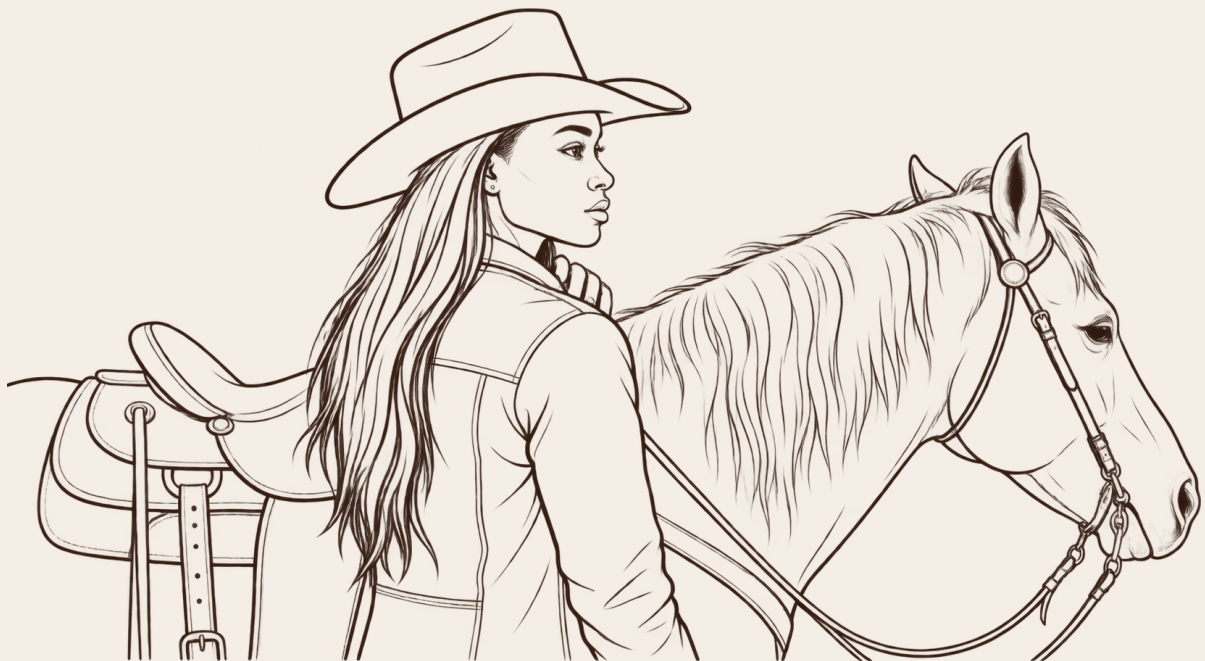


Before Your *First Ride.*



A simple checklist for your first lesson.
Less guessing. Better questions.

YOUR FREE FIRST STEP

English edition / 11 October 2026



A SMALL PREPARATION CHECKLIST

Arrive with questions.

Your first ride opens the door to a whole new world. A little preparation gives you room to be curious, ask questions and take the experience one step at a time.

- ☐ Lesson date, arrival time, location and full price.
- ☐ Who teaches the lesson and how beginners are supported.
- ☐ Loan helmet provision, accepted standards and fitting arrangements.
- ☐ Approved footwear and clothing requirements.
- ☐ What information staff need about me before the lesson.
- ☐ Water and a weather-appropriate layer are ready.
- ☐ I have written down the questions I want to ask.
- ☐ I will tell my instructor if I feel nervous or do not understand something.

Two equipment reminders

Wear a correctly fitted, fastened equestrian helmet. A cycling helmet is not suitable for riding. Ask about ankle-covering footwear with a small heel. ^[2] ^[4]

A QUESTION I WANT TO ASK



A little preparation.

Source links checked on 11 October 2026.

The British Horse Society / Learning to ride

Choosing a school, your first lesson and asking for support. No review date displayed.

The British Horse Society / Hats and helmets

Helmet fit, fastening and replacement. Reviewed 2 January 2026.

BHS Approved Centres & Assessments / Hat Rules 2026

2026 helmet rules for BHS Approved Centres and assessments.

German Equestrian Federation (FN) / Learning to ride

Qualified instruction, suitable lesson horses and beginner equipment. In German; no review date displayed.

Helmet requirements depend on the country, organiser and activity. The BHS rules above are not a worldwide standard; confirm current requirements with your own school.

Every rider starts somewhere.

Explore more [riding stories and guides](#), discover [unforgettable horseback experiences](#), and find your next story with Saddle Stories.