



# Rugging for Winter

## Pryde's Top Tips

- ✓ Rug according to your horse's body temperature, not yours
- ✓ Rugging when cold and wet will help your horse conserve energy
- ✓ Adjust your feeding routine in winter to help replace lost energy

Did you know horses begin to **expend energy to keep warm** when the temperature drop **below 5 degrees**? Rugging horses in winter can help to minimise associated weightloss.

When the temperature drops below 5 degrees, **shivering often contributes to horses losing weight** over winter. Shivering (the rapid contraction of muscles to keep warm) is a thermoregulatory process seen in both humans and horses, that is **fuelled by energy store**. Rugging horses in winter can minimise this by decreasing their need to regulate temperature on cold days and nights.

Using a complete feed that's also a conditioning feed such as **Pryde's EasiConditioner** can help manage winter weight loss.

