

THREE THINGS

I can't live without



The aptly-named **Ros Canter** is a British equestrian who competes in eventing. She won two gold medals at the World Equestrian Games in 2018 riding Allstar B, and is now setting her sights on the Tokyo Olympics in 2021. The three things she can't live without are...



Riding hat

"My Charles Owen riding hat is an essential piece of equipment for me in my job as an event rider.

"If I should fall off, it's a potentially lifesaving piece of kit and I wouldn't even consider doing my training work without my hat on either.

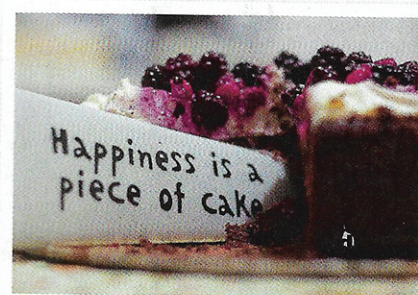
"As well as the safety aspect, my hats also have to be comfortable as I can be wearing them for long periods of time - sometimes all day. I just couldn't do my job without it."

Waterproof clothing

"My main job is riding, but my other source of income is teaching from my home in Lincolnshire, and I need good waterproof clothing as I spend so much time outdoors.

"I've tried several brands but the ones I currently have are by Swedish company Stierna. I have a jacket and trousers, and they're just great. They keep me warm and dry despite the nice east coast wind we often get here.

"They also allow for plenty of movement; I can layer up underneath without them being too bulky, and still have the freedom of movement to ride my horse."



Cake

"At the yard we tend to have a bit of thing where, if anyone falls off, they have to make a cake and bring it in to share with everyone. We do get through quite a lot!

"There can be long days working with the horses, and the gap from breakfast to lunch can feel especially long, so we usually have a coffee and cake break at around 10am to keep us going.

"I love cake and I enjoy baking too, but one of the girls who works here makes a fantastic fridge cake - it's definitely my favourite."

● For more information about Ros, her competitions and training, visit: roscantereventing.com