HYDRATION CHECK LIST

DAILY CHECKS

Skin Pinch Test:

This is tested by pinching the skin between your thumb and forefinger, near the point of shoulder on the horse.

Results:

Hydrated - Returned to flat instantly

Mild dehydration - Returned to flat after 2-4 seconds

Dehydrated - Returned to flat after 4 or more seconds, or doesn't return completely flat at all

Capillary Refill Time:

Alternate Method

This is tested on the horses' gums. The gums should present pink and moist. Press your thumb on the upper gum for a second, turning the point light pink.

Results:

- Hydrated - Return to pink within a second
- Possible dehydration- Slow return to pink, or not pink in colour at all.

General Appearance:

- [ ] Has your horse eaten?
- [ ] Does your horse appear alert?
- [ ] Is your horse moving around their paddock freely, without any abnormal stiffness?
- [ ] Does your horse appear 'tucked up' around the flanks?
- [ ] Has your horse produced its expected amount of waste?

Water Supply:

- [ ] Does your horse know where the water is?
- [ ] Is there enough water available in the trough?
- [ ] If it is an automatic waterer, are all the pipes intact, water working, enough water in the supply tank (if not on town supply)?
- [ ] Is the water clean?
- [ ] Is the water trough accessible?
- [ ] Is the water free of contaminants?
- [ ] Is the water temperature cool?

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