

# WHAT SHOULD I HAVE IN MY FOALING KIT?

*Foaling is described as an explosive process and it is always a good idea to prepare your foaling kit well in advance!*



*Below is a list of items that should be included in your foaling kit:*

1. **Emergency contact card**  
This should be on a solid card, preferably laminated and should include your veterinarian's number (ensuring you have their emergency or after-hours number) and anyone else you think you may need if you require help.
2. **Halter and leadrope**  
Keep on hand in case you need to move the mare, or encourage her to stand.
3. **Cohesive bandage or a tail bandage.**  
It is a good idea to wrap the mare's tail before the foaling begins, as the process is messy. Try and wrap up the whole tail. This will aid in visualising the foaling process.
4. **Notepad and pen**  
It is useful to record when things happen, so you are aware if a part of the foaling process is taking longer than it should.
5. **Clean Bucket/s**  
For carrying clean water.
6. **Mild liquid soap**  
If you have time, this can be used to clean down the mare's hind quarters before birth. Ensure that you rinse this off, so there is no soapy residue on her udder. It can also be used to make a soapy water enema for the foal, under instruction from your veterinarian.
7. **Hand sanitizer**  
Always have clean hands when handling the mare and newborn foal, to prevent infection. It is even better to wear gloves.

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**8. Examination or surgical gloves**

It is a good idea to wear gloves when handling the newborn foal. There are sterile gloves and also long obstetric gloves available. Use gloves to handle the placenta.

**9. Assortment of clean clothes and towels**

It is the mare's job to clean the foal, however if it is cold or the mare is tired, these can be used to help dry the foal. The clothes can be used to wipe the foal's nose.

**10. Torch and/or headlamp**

The majority of mares will foal in the dark, so it is important to have a number of sources of light. Ensure that you have fresh batteries!

**11. Stethoscope**

Used to monitor the mare and foal

**12. Thermometer**

Used to monitor the mare and foal

**13. String**

Can be used to tie off the foal's umbilicus after it naturally breaks from the mare. It is also used to tie up the placenta. Never pull on the placenta! By tying it up the weight will help the placenta detach from the uterus and prevent the mare from standing on it.

**14. Haemostats/ forceps**

Never cut or break the umbilicus from the mare to the foal. This will break naturally when the mare and/or foal begins to move. The haemostats/ forceps are used to clamp off the foal's umbilicus after it breaks.

**15. Scissors**

Can be used to pierce the placental sac if the foal is having trouble doing this. Also for cutting the string.

**16. Heavy duty garbage bag or bucket with a lid**

Once the placenta has detached from the uterus it can be checked to see if it is complete. If you are unsure or inexperienced it is a good idea to have your veterinarian check the placenta the following day. If there are any parts of the placenta left in the mare, they can be a source of infection. It can be placed into the garbage bag and/ or bucket until this time, or for disposal.

**17. Small open top container**

The umbilical stump can be an entry point for infection. To minimise the chances of this occurring, the stump should be dipped in an antiseptic for a few days after birth. Undiluted iodine scrub can be used. Fill the container, then hold over the foal's umbilicus for a few seconds.

**18. Iodine scrub or 2% chlorhexidine solution**

Used for dipping the foal's umbilicus after birth. Can also be used for washing hands and washing the mare.

**19. Foal Enema**

Foals can sometimes have trouble passing their first manure, called meconium. If you see your foal straining, or often holding their tail up in the air, chances are that it is constipated and will require an enema. If you are inexperienced at this, then it is a good idea to have someone show you how it administer it.



*If you would prefer to purchase a ready-to-go Foaling Kit,  
they are available for purchase from [www.equivetsvictoria.com.au](http://www.equivetsvictoria.com.au)*

*HRV will also be giving away some foaling kits throughout the breeding season,  
so keep an eye out for competition details!*