

Preparation = Peace of Mind

Pre-Foaling Checklist

Foaling can happen fast. Being well prepared helps keep your mare, foal, and care-givers safe and stress-free.

Take Care of Maternity Health Care

- ☐ Pre-foaling vet-check appointment
- ☐ Vaccinations up to date
- ☐ Deworming plan followed

Prepare Foaling Area

- ☐ Clean, disinfected stall
- ☐ Deep, clean bedding (straw preferred)
- ☐ Good lighting and ventilation
- ☐ No sharp edges or hazards
- ☐ Veterinarian contact info posted

Assemble Foaling Kit Supplies

- ☐ Clean towels
- ☐ Gloves
- ☐ Tail wrap
- ☐ Antiseptic solution
- ☐ Thermometer
- ☐ Flashlight
- ☐ Notebook and pen

Be Ready for an Emergency

- ☐ Veterinarian contact saved in phone
- ☐ Phone charged
- ☐ Emergency transport plan in place



Before Foaling: Monitor Your Mare

Perform daily checks as the due date nears, progressing to every few hours overnight:

- Watch for udder changes and relaxation
- Note behavioral changes

Most mares foal without issues but knowing what's normal — and when to call the vet — can make all the difference.

After Foaling: Follow the “1-2-3” Rule

- Foal should stand within **1** hour.
- Foal should nurse within **2** hours.
- Mare should pass placenta within **3** hours.

If any of these three time-markers are not met, contact a veterinarian immediately!

Steinbeck Peninsula Equine offers foaling out services, so if having your mare foal out under the experienced care of our veterinarians makes your life more stress-free, contact us any time.



STEINBECK★PENINSULA
EQUINE CLINICS

steinbeckpeninsulaequine.com

Monterey Bay / Santa Cruz / Salinas Area:

15881 Toro Hills Avenue, Salinas, CA 93908 | (831) 455-1808

San Francisco Bay Area:

100 Ansel Lane, Menlo Park, CA 94028 | (650) 854-3162

At the Portola Valley Training Center