



The Hrímnir Bit Guide

Find the perfect bit for your horse

 **HRÍMNIR**
COLLECTION

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A healthy mouth

It is very important to think about the right fit of a bit in order to have a healthy and satisfied horse. Good health care for the horse's mouth, however, is also a very important factor to have your horse satisfied and comfortable with the rein contact.

We therefore advice to let your horse be checked regularly by a veterinarian or equine dentist. Before you start riding your young horse on a bit, you should make sure that there are no sharp edges that might cause discomfort or injury and that wolf teeth are removed, so that they do not cause irritation from the bit. It is beneficial to let a professional examine the mouth of your horse in order to prevent discomfort or injury and therefore teaching your horse a negative attitude towards the bit and rein contact.

You should have your horse checked on regular basis. Ridden horses should be checked at least once a year.



The correct use of a bit

The L for left and low

Most of our bits feature a L stamp on the bit ring. This L stands for “Left” and “Low” and should help the rider to always know how to attach the bit correctly to the headstall. Make sure that the L is on the on lower left side of the bit, when attaching it to the headstall and fitting it in your horse’s mouth.

Search for professional advice

If you are unsure about what bit to choose, consult with your equine dentist, veterinarian or another professional or trainer you trust and get their advice.

Before buying your own bit it can also be beneficial to borrow different bits and try them on your horse to examine their fit and to get a feeling on how they work for your horse.



Sizes

It is very important to use a bit that fits your horse in order to provide it with good comfort and to prevent injury. The length of the bit is a key element, when it comes to choosing a bit for your horse, as a too short or too long bit can cause discomfort or even injury.

The length of the mouthpiece should be chosen based on the width of the mouth between the two corners of the horse's mouth. It should be chosen slightly wider than the measurement of the width of the horse's mouth. So, if a horse measures with a mouth width of 10 cm, a bit length of 10.5 cm should fit your horse.

Research in Iceland has shown that most Icelandic horses have a mouth width of 10.1 cm, so a bit of a length of 10.5 cm should fit most Icelandic horses. There exist though horses with a mouth width of 9.5 cm or 10.5/11 cm, so it is very important to choose a bit based on the individual needs of each horse and therefore it can be beneficial to measure the width of your horse's mouth when choosing a bit.

Finding the correct size

When trying to find the correct size of a bit for your horse we recommend measuring the width of your horse's mouth or trying different widths of bits in order to see what size fits best. These general rules should be considered:

The bit should not be longer than the width of the mouth by more than 1 cm. That means that the bit should not protrude more than 0.5 cm on each side of the mouth. The bit rings should lie stable at the corners of the mouth, but without pressing onto the cheeks. When pressure is applied to the reins (especially sideways pressure), the bit should lie stable in the mouth and not move the cheeks.

Try to put pressure on only one rein and see how the bit moves. If the sidebars of the bit move more than 1 cm out of the mouth, the bit is probably too wide.

Measuring the size of a bit

The size of a bit is defined by the length of the mouthpiece and the space it leaves for the horse's mouth. The size in loose ring bits is measured in between the holes for the rings of the bit (take care: not in between the two rings). The size of eggbutt bits is measured in between the sidepieces of the bit.



Mouthpiece: types and shapes

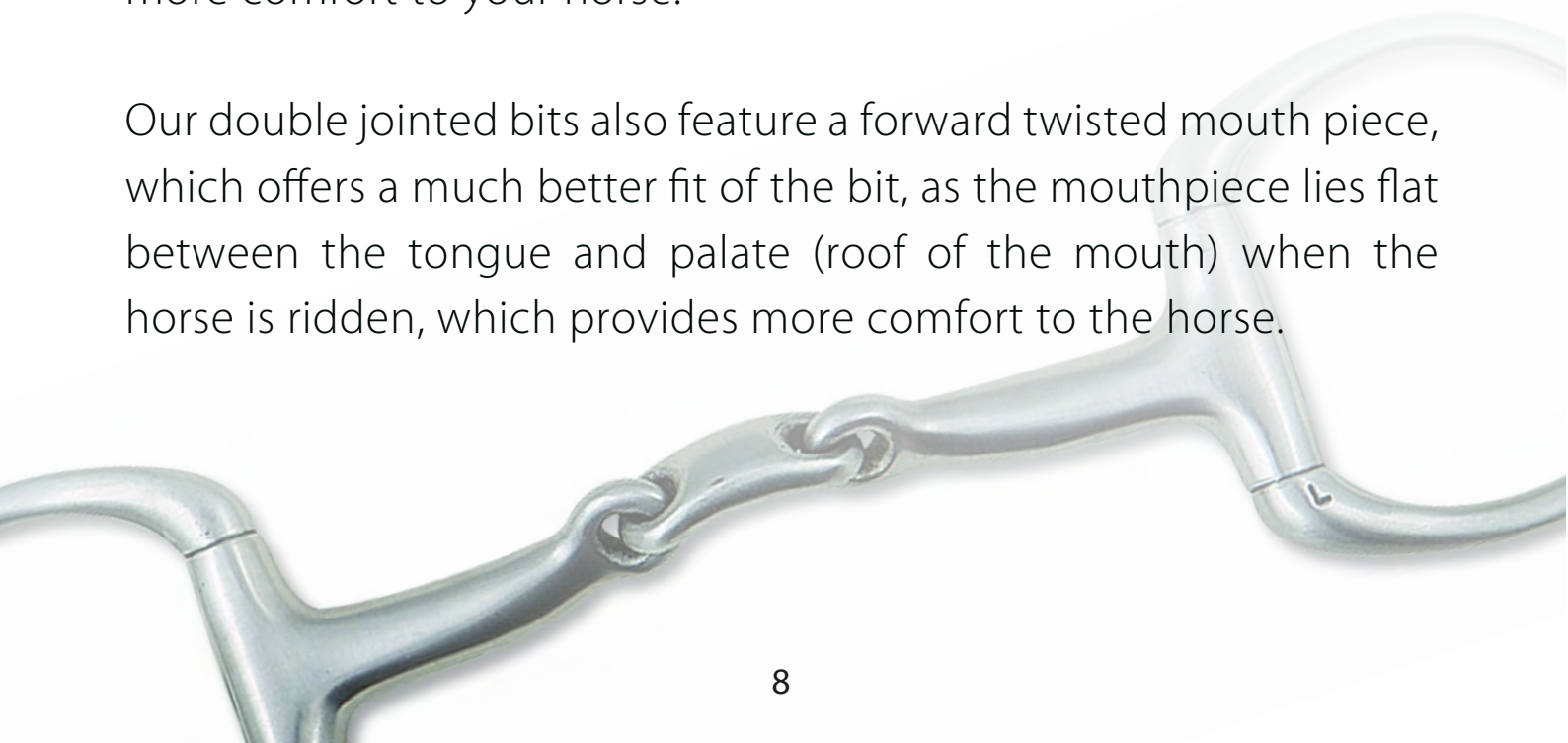
Hrímnir offers bits with two different types of mouthpieces, single jointed and double jointed.

Double jointed

Double jointed bits distribute the pressure over a rather wide area on the horse's tongue, between the whole width of tongue as well as the lower jaw bones/bars.

Often double jointed bits are produced with a too long middle link, which has shown to be causing injury to the molars of the horse as well as the corners of the mouth. Leading experts on the field therefore strongly advice to have the middle link of a double jointed bit rather short. That's why all Hrímnir bits feature a short middle link in order to prevent injury and provide a better fit and more comfort to your horse.

Our double jointed bits also feature a forward twisted mouth piece, which offers a much better fit of the bit, as the mouthpiece lies flat between the tongue and palate (roof of the mouth) when the horse is ridden, which provides more comfort to the horse.

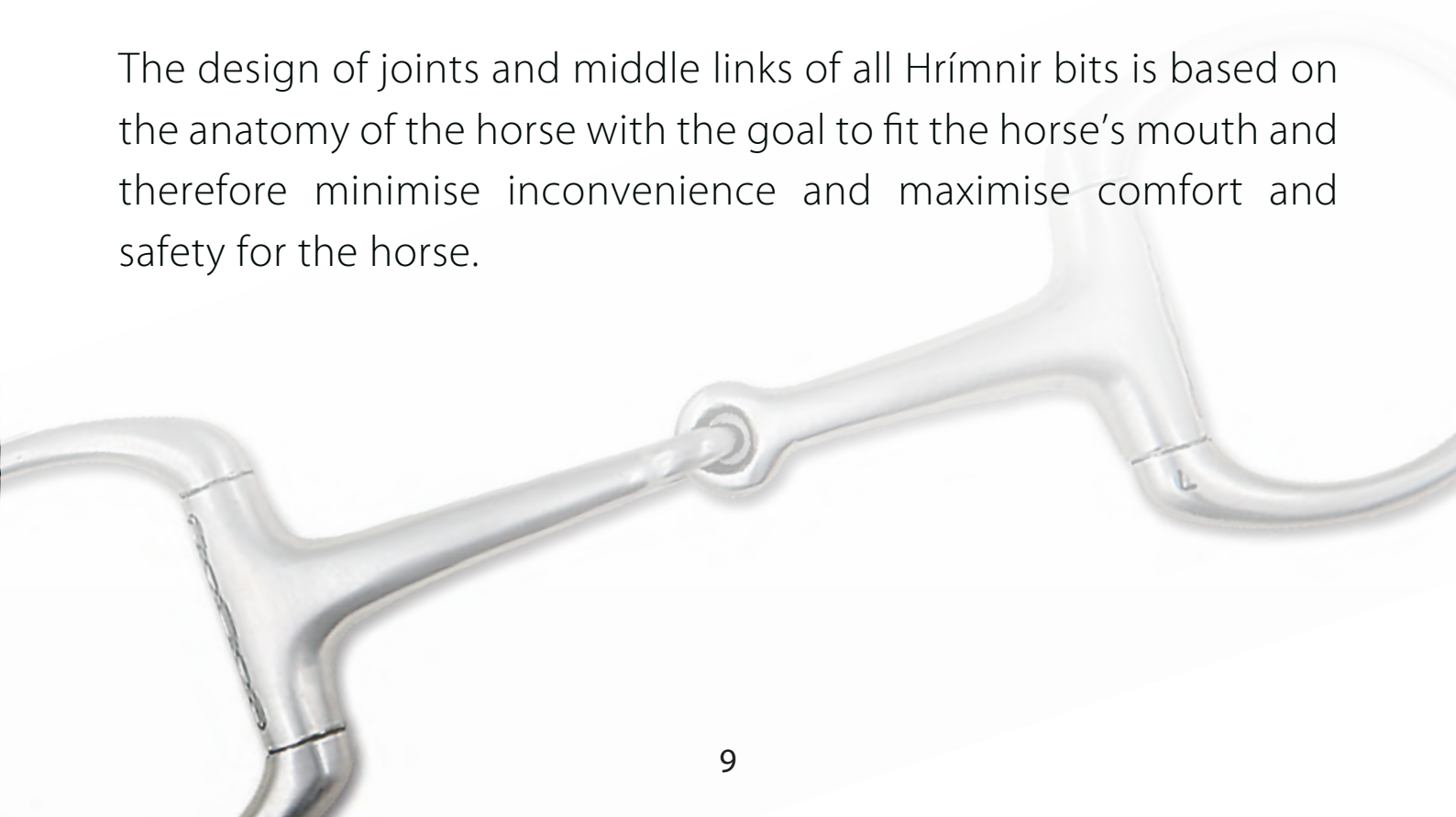


Single jointed

In comparison to a double jointed bit, a single jointed bit exerts more pressure on the tongue-edges, which are thought to be more sensitive than the centre of the tongue, as well as the lower jaw bones/bars. This effect can become critical, when the bit is too long or too thick for the horse, as it can cause pinching of the tongue or cause the eye of the joint to push against the sensitive palate on the upper side of the mouth.

Therefore, our single broken bits feature an extra small joint to minimise the likelihood of this happening and to maximise comfort for the horse, as the oral cavity of the horse is filled with the big tongue muscle and therefore not leaving much space for the bit.

The design of joints and middle links of all Hrímnir bits is based on the anatomy of the horse with the goal to fit the horse's mouth and therefore minimise inconvenience and maximise comfort and safety for the horse.



Mullen mouthpiece

Mullen mouth bits support precise rein aids and even pressure distribution in the horse's mouth, which can be particularly beneficial for sensitive horses. A **mullen mouth** is characterized by an **unjointed, continuous mouthpiece**. Unlike single or double jointed bits, the pressure is distributed over the entire width of the tongue and the horse's lower jaw when the reins pressure is added. This pressure distribution makes mullen mouth bits particularly suitable for horses that are sensitive to punctual pressure.

Mullen mouth with port: This version has a slightly curved shape that takes the pressure off the middle of the tongue, making it particularly suitable for horses with a thick tongue or those that are sensitive to pressure in the middle of the tongue.

Flexible mullen mouths: In contrast to rigid bars, these bit models allow a slight one-sided aid to be given. When the reins are pulled, the pressure is still distributed over the entire width of the tongue, but it has a greater effect on the edges of the tongue. Flexible mullen mouth bits are highly appreciated and a very soft solution for different kinds of horses.

Mouthpiece: types and shapes

Due to their rigid shape, mullen mouth bits offer precise aids and even pressure distribution in the horse's mouth. They are an excellent choice for horses that are sensitive to restless bits or react sensitively to punctual pressure. Our TPU bit Lotning is a flexible mullen mouth bit with an extra tongue freedom of 1.4 cm and makes a perfect, soft solution for horses that are sensitive in the mouth.



Additionally, to the two different types, Hrímnir offers two different shapes of the mouthpiece: bits with ported sidebars and bits with curved sidebars.

Ported sidebars

Our bits with ported sidebars have a curved portion in the centre of the mouthpiece. They lay rather straight in the horse's mouth, in order to decrease the pressure on the corners of the mouth and distribute the pressure evenly in the mouth. The ported link is rather short and its curved shape has the purpose to allow room for the horse's tongue. The port, though, is just minimal, so it will not cause discomfort or injury to the sensitive palate on the upper side of the mouth or the bars (lower jaw bone), which may occur when the port is too high.



Curved sidebars

The shape of our bits with curved sidebars provides a soft angle for the corners of the mouth and the tongue of the horse. The purpose of this shape is that the bit lays softly in the horse's mouth and distributes the pressure evenly as well as giving the horse a good and soft feeling when the rein contact is established.

We recommend choosing this bit one size bigger (+0.5cm) than our other bits, because of its curved shape.



Sidepieces: types and shapes

Loose rings

Loose ring bits transmit the pressure directly to the tongue and lower jaw bones/bars and do not have any leverage effect onto to poll, as it can for example be seen in leverage bits.

The mouthpiece of bits with loose rings moves independently from the rings, which means that the horse can influence where exactly it wants to place the pressure on its tongue by moving the mouthpiece with its tongue muscle.



Sidepieces: types and shapes

Loose rings suit for all kinds of disciplines and education levels of horses. They can be especially suitable for horses that tend to lean on the bit and/or seem a bit stiff in the mouth. If you have a horse that is very active in its mouth, moving the mouth too much and chewing the bit too much, it could be good to use a steadier and more stable bit (for ex. a bit with eggbutt sidepieces, where the rings are fixed).

When choosing to use a bit with loose rings, make sure that the corners of the mouth are completely clear the bit ring holes by few millimetres on each side to prevent that the horse's skin gets pinched into the holes.

It can also be beneficial to use rubber bit guards to protect the corners of the mouth. When using rubber bit guards you should consider that the bit guards make the bit shorter and you might need to use a bigger sized bit.



Ported sides / Eggbutt

As a loose ring bit, these bits transmit the pressure directly to the tongue and lower jaw bones/bars and do not have any leverage effect onto to poll, as it can for example be seen in leverage bits. Here the rings are fixed, which means that the pressure onto the tongue transmits in a more direct way than when for example riding with a loose ring bit.

The fixed cheeks make the bit steadier and more stable in the mouth and if you have a horse with sensitive mouth corners, these bits provide a smooth transition from the mouthpiece to the sidepieces and decrease or exclude the possibility of pinching. As they have a larger contact surface on the sides, they support sideway rein aids. They help the horse to follow the rein aids to the side and eliminate the possibility of dragging the bit to the side and therefore moving the rings into the horse's mouth, which can cause big discomfort to the horse and in some cases even injury.

Eggbutt bits are suitable for horses with sensitive mouth corners, horses that are overly active and unsteady with their mouth as well as young horses or horses that are not much educated and have problems with following the sideway rein aids.

Full cheek bits

A full cheek bit works like a standard snaffle in the horse's mouth, but the added side bars provide secure and precise rein guidance.

This type of bit is especially useful for young horses or those struggling to understand rein aids. It can also benefit horses that are stiff laterally or have difficulty responding to sideways aids, making it a great choice for basic training.

The 16.5 cm side bars offer lateral support and prevent the bit from sliding through the mouth. This design distributes rein pressure across a wider area, encouraging the horse to respond more willingly to bending and turning aids. Additionally, the eggbutt rings add comfort and stability, ensuring a steady, pleasant fit in the horse's mouth.

Have in mind

When choosing a loose ring bit, you should make sure that the corners of the mouth completely clear the bit ring holes by few millimetres on each side to prevent pinching. When choosing an eggbutt bit, the sidepieces of the bit may lay closer to the corners of the mouth in comparison to a loose ring bit, as eggbutt bits provide a smooth transition from the mouthpiece to the sidepieces.

So, you might consider buying an eggbutt bit in a slightly smaller size than a loose ring bit and vice versa. The individual conformation of each horse's mouth should though always be kept in mind, and it is not always that general rules apply to each and every individual.

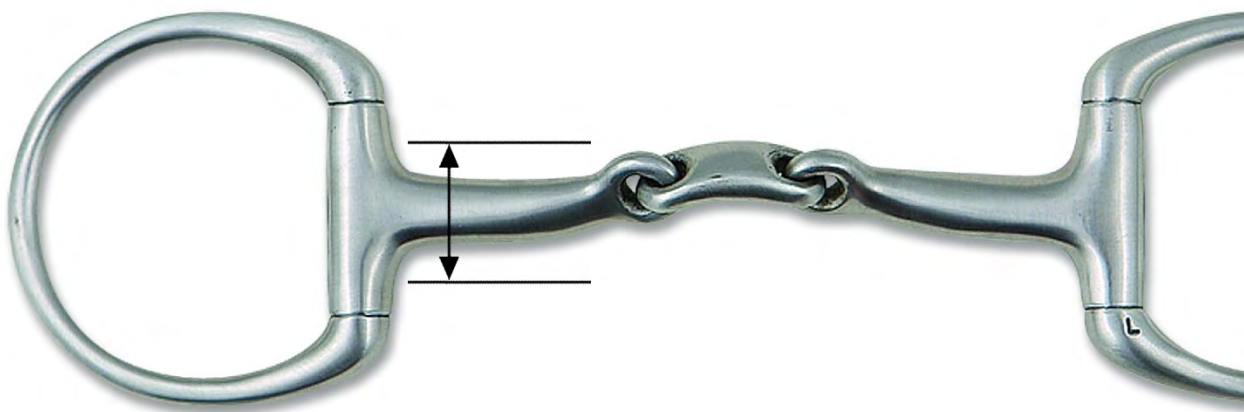


Thickness

The thickness of the bit is measured at the widest part of the bit, usually close to the bit ring. It is a general rule that the thicker the mouthpiece the milder the bit is, as the pressure is distributed over a wider surface.

On the other hand, the space for the bit in the horse's mouth between the tongue and the palate (roof of the mouth) is very limited and a too thick bit can cause discomfort to the horse, make swallowing difficult, put pressure on the palate and even cause injury. It is therefore crucial to have a good balance between these two factors. It also needs to be taken into consideration that the Icelandic horse is smaller than several other horse breeds and therefore also has a smaller head and a different mouth conformation.

Hrímnir offers two different thicknesses of bits, 12 mm and 14 mm, that in our opinion fit the Icelandic horse. When choosing a bit for your horse, you should also consider that mouth conformation can differ between individuals.



Material

Stainless steel

Stainless steel is rustproof, strong and highly durable. When choosing material Hrímnir makes strong demands on the quality. Stainless steel is a tasteless and therefore a rather neutral material. It has no effect on salivation and it therefore does not increase salivation or the activity in the mouth of your horse.

This material can be a good choice if you want a neutral bit for your horse, that is highly durable. It can be a good choice for a horse that is overly active in the mouth and therefore the contact becomes uneven or for horses that are sensitive to other materials such as copper or sweet iron.



Volcano

Our Volcano material is a unique nickel-free copper alloy. It stimulates increased salivation and encourages therefore a softer and more responsive mouth and due to that, a better and softer connection to the mouth.

This material can be beneficial, if you want to encourage salivation and get a more active and responsive mouth. It can be a good choice if you have a horse that is inactive, dull and stiff in its mouth.



Titanium

Titanium is a tasteless and a neutral material. It has no effect on salivation. Titanium adapts well to the temperature of the horse's mouth and is a rather light material, giving a light feeling in the hand.

Our Titanium bits, however, feature a copper roller and its sweet taste stimulates increased salivation and encourages therefore a softer and more responsive mouth and due to that, a better and softer connection.

Titanium can be a good choice for horses with a sensitive mouth. Due to its lightness, it operates differently than heavier bits and therefore it can also be a good idea to use it as an exchange bit and give it a different feeling and make it therefore more focused on the rein contact and more responsive to the rider's rein aids.



TPU (Thermoplastic Polyurethane)

TPU (Thermoplastic Polyurethane) offers excellent abrasion resistance, making it ideal for horses with sensitive mouths.

TPU bits are in general gentle on the horse's mouth, providing comfort and protection against soreness. They are lightweight, durable, and easy to maintain, making them a practical choice for a variety of horses.

