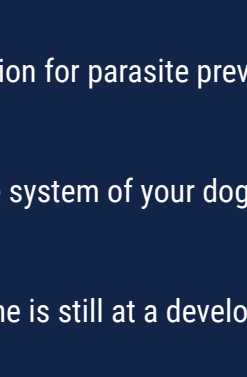


# HIKING WITH YOUR DOG

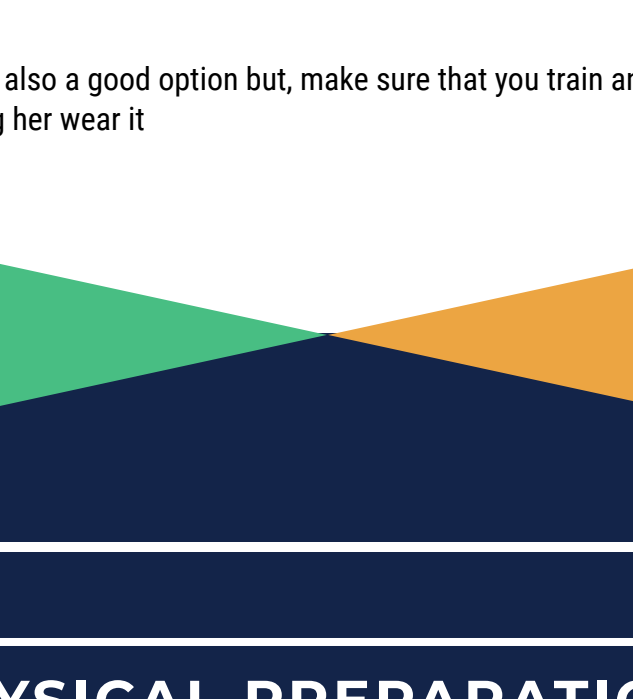
The Absolute Guide

## APPOINTMENT WITH VET



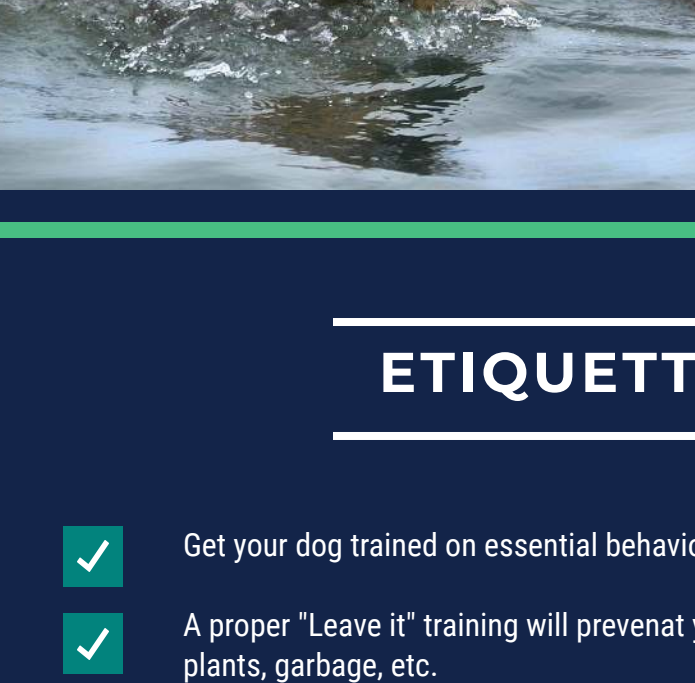
- ✓ Ask veterinary if your pup is physically fit for hiking
- ✓ Your dog should already have all the vaccinations before hiking
- ✓ Check with your vet about medication for parasite preventatives
- ✓ Consult with your vet if the immune system of your dog is capable enough for hiking
- ✓ Take advice from your vet if the bone is still at a developing stage as it may disturb the physical growth
- ✓ Check Arthritis and Other Mobility Problems if your dog is older
- ✓ Brachycephalic dogs like Pugs, Chow Chows, Chihuahuas, Pekingese, French Bulldogs, English Toy Spaniels, Boxers, Bull Mastiffs, etc. aren't suitable for hiking

## PROTECTION OF PAWS



- ✓ Use Pet Paw Protection Wax to protect the paw pads of your dog
- ✓ Using booties also a good option but, make sure that you train and get your dog practiced before making her wear it

## PHYSICAL PREPARATION



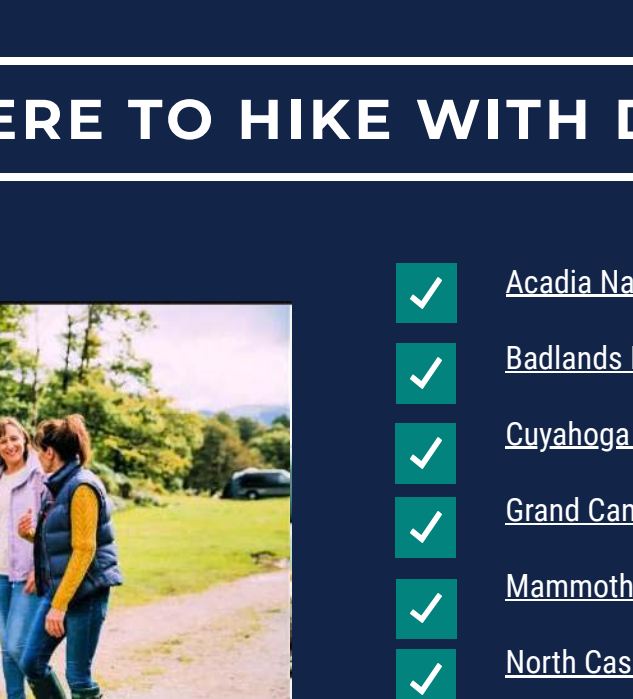
- ✓ You and your pup must achieve a moderate physical strength before hiking
- ✓ Start doing some exercises like Step-ups, Lunges, Single-leg Deadlifts, Downward-dog Holds, Push-ups (Regular / Modified)
- ✓ After the confirmation from your vet, you must dive into some practice to boost the strength of your pup
- ✓ During initial training, pick up the short and smooth hiking. Not more than an hour
- ✓ Extend the training slowly everyday



## ETIQUETTE TRAINING

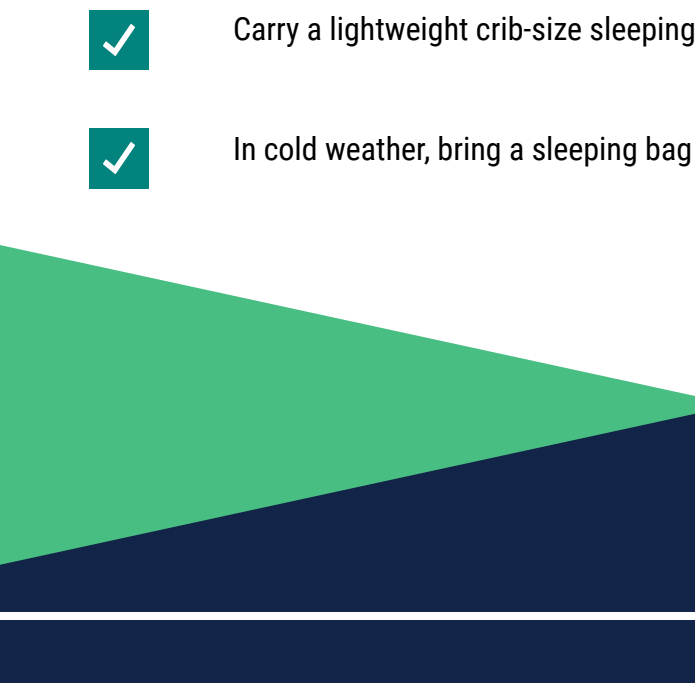
- ✓ Get your dog trained on essential behavioral skills like "Come, Sit, Stay, Down, Drop it, etc."
- ✓ A proper "Leave it" training will prevent your dog from eating the other animals' excreta, toxic plants, garbage, etc.
- ✓ Give her "Curb Burking" training to control her unwarranted barking

## LEASHING OF DOG



- ✗ Don't off-leash your pup if you aren't confident about her skills like "come, sit, stay, down, drop it, leave it"
- ✓ No matter how well trained, courteous or receptive your dog, it's still wise to keep your pup on a leash.

## WHERE TO HIKE WITH DOG



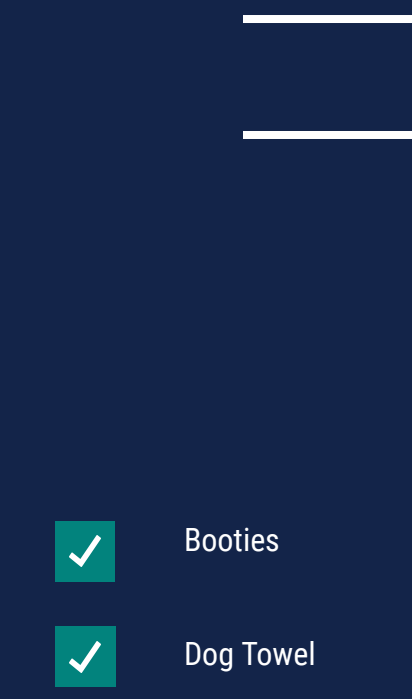
- ✓ [Acadia National Park](#)
- ✓ [Badlands National Park](#)
- ✓ [Cuyahoga National Park](#)
- ✓ [Grand Canyon National Park](#)
- ✓ [Mammoth Cave National Park](#)
- ✓ [North Cascades National Parks](#)
- ✓ [Rocky Mountain National Park](#)
- ✓ [Shenandoah National Park](#)

## SLEEPING GEAR



- ✓ Carry a lightweight crib-size sleeping pad made of foam
- ✓ In cold weather, bring a sleeping bag of dog's size or a blanket made of wool or feather

## FIRST-AID KIT



- ✓ Buy a ready-made first-aid-kit or gather the kits yourself
- ✓ First-aid-kit should include gauze, antibiotic, antiseptic, disinfectant, bandages, scissors, tweezers, skin cleanser etc.
- ✓ Pack some medicines like Pedialyte, Benadryl or some others advised by your veterinarian
- ✓ Include alcohol or ice packs to protect your pup from heat stroke or hyperthermia by applying on her paw pads

## OTHER GEAR



- ✓ Booties
- ✓ Dog Towel
- ✓ Dog Coat
- ✓ Cooling Vest
- ✓ Cooling Collar
- ✓ Collar With ID Tags
- ✓ Toe Nail Clippers
- ✓ Safety Lamp

## FOOD & WATER PLANNING



- ✓ Carry drinking water for you & your pup both
- ✓ Ensure that your dog drinks the water every thirty minutes or even earlier
- ✓ Carry the water in a collapsible water bottle
- ✓ Train your dog to drink the water from a bottle
- ✓ Pack enough quantity of food for your pup
- ✓ Consult the vet on what kind of food you should carry for your pup
- ✗ Avoid giving heavy meal just before the hiking
- ✓ Divide the food into small parts and give her in the short intervals
- ✓ Dry food is a good option for your dog
- ✓ Carry dog snacks besides regular food

## LEAVE NO TRACE



- ✓ "Leave No Trace" principles are applicable for your dog too
- ✓ Clean up the poop of your dog completely
- ✓ Carry poop bags to collect and carry the poop of your dog
- ✓ Also use a double bag to avoid the spilling of poop
- ✓ If camping overnight, bring a shovel to bury the poop in a 6-8-inch hole

## THREATS TO DOG

- ✗ Do not hike with your pup on challenging trails, erratic landscape and cliff
- ✓ Check the dog and yourself thoroughly for tick bite very often while hiking
- ✓ Beware of ivy, sumac, oak, etc.
- ✓ Be cautious of burrs, thorns and foxtails
- ✓ Always be on the trail and avoid touching any kind of trees, including foxtails
- ✓ On warm day, avoid doing anything strenuous with your dog to avoid heatstroke
- ✓ Keep track of the heart rate and breathing of your partner
- ✓ Call it for the day if she doesn't get back to normal condition after rest