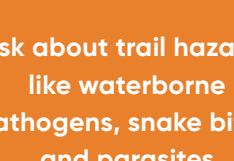


Embark's Guide for Hiking with Your Dog

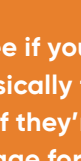
Hiking is a great way to bond with your pup if you're a fan of the outdoors. There's a lot that can go wrong if you bring your dog along, though. Taking the necessary precautions before you hit the trail will help ensure a smooth stroll for the day.

1 Do your homework

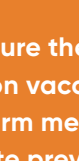
The first step to planning a hike with your dog is to find trails near you. Once you find one that looks good, do a little research on the area.



Look up the trail's rules. Are dogs allowed? Are leashes required?

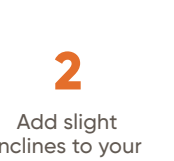


Get a sense of how long the trail is and what the terrain is like

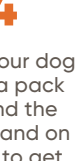


Find the nearest emergency vet in case your dog is injured

If you've never taken your dog hiking before, speaking with your vet is highly recommended.



Ask about trail hazards like waterborne pathogens, snake bites, and parasites



See if your dog is physically fit enough and if they're the right age for hiking



Make sure they're up to date on vaccinations, heartworm medicine, and parasite preventatives

2 Prepare your pup

Even for dogs, a hike is something you build up to.

1 Start by taking longer walks around your neighborhood

2 Add slight inclines to your walks in case you'll end up walking uphill on the trail

3 Walk your dog around new areas so they'll get used to different sights and smells

4 Have your dog wear a pack around the house and on walks to get them used to it

5 Practice recall to make sure your dog comes back on command consistently

6 Make sure you can keep your dog under control around other dogs and people

7 Your first hike should cover smoother surfaces and last no longer than an hour

HIKE IT

Bring the following dog supplies with you when hiking:

Leash

Poop bags

Brush

Dog first aid kit

Hiking booties or paw salve

Flashlight (if you're hiking at night)

Towel (if you'll pass through water)

A bright collar (so you can spot your dog easily)

BRING IT

Pack your pup, too.

Having your dog wear their own pack gives them a job to do. This helps them feel accomplished and stay focused on the trail.

Food

Bring your dog's usual portion plus an extra cup for every 20 pounds they weigh

Water

Aim for one ounce of water for every pound your dog weighs plus some extra

Collapsible water bowl

Let your dog take small sips throughout the hike instead of giving it all at once

Heatstroke preventative

You can use an ice pack, a wet bandana, or apply rubbing alcohol to their paws

1

Test it out

Introduce your dog to a pack slowly if they've never worn one before

2

Don't overpack

The pack shouldn't weigh more than 25% of your dog's body weight

3

Fit it right

When you put the pack on your dog, make sure both sides weigh equally

3 Hit the trail

It's important to practice trail etiquette always, but especially when you have your dog with you.

Keep your dog on a leash or within eye or earshot if you're in an off-leash section

Yield to other hikers by stepping off the trail and standing between passerby and your dog

Stay on the trail as much as you can without disturbing local wildlife or plants

Do not bring more than two dogs with you. Each dog should have a person to handle them

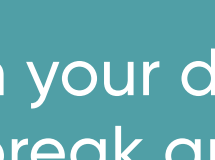
POOP

Always pick up after your dog.

Aside from posing a risk for people to step in, dog waste carries pathogens that can harm the local wildlife and plants.



Try to get your dog to go near the start of the trail where there's a trashcan available



If you'll be carrying it for a while, double bag poop to minimize the smell



You can bury unbagged poop in an 8-inch hole that's 200 feet away from any walkways or water sources

Keep an eye on your dog for signs that they need a break and some water:

1

Excessive panting

2

Drooling

3

A dry nose

4

Vomiting

If your dog starts limping you should stop for the day or turn back.

TIKES

Watch out for ticks.

Even if your dog is on a tick preventative, they can still pose a threat.



1

Check your dog for ticks by combing through their fur after every hike

2

Remove ticks by applying tweezers or a tick removal hook close to the skin

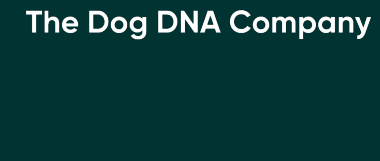
3

Gently pull the tick upwards without twisting or pulling too hard

4

Clean the bite area with rubbing alcohol and dispose the tick in alcohol

Show off your summer adventures. Tag @embarkvet with #EmbarkWithUs



The Dog DNA Company