



**off road
paws**
trail running, hiking & pet-sitting

The Vet-Approved Trail Safety Checklist

A 3-Minute Guide to Pre-Hike Prep & Post-Hike Care for Broomfield Dog Owners

From a quick walk on the Big Dry Creek Trail to an adventure in Broomfield's open spaces, every outing requires preparation. As a vet-founded service, safety is our top priority. Use this checklist before and after every walk to keep your dog healthy, happy, and safe on the trails.

The 10-Second Pavement Test

Before you walk, check the pavement, asphalt, or sand. Place the back of your hand on the surface for 10 seconds. If it's too hot for your hand, it's too hot for your dog's paws. Walk on grass or wait until a cooler part of the day.

Pre-Hike Gear Checklist

- 6-Foot Leash: For safety and control. (Avoid retractable leashes on trails).
- Proper Harness: Ensures comfort and prevents neck strain.
- Fresh Water: Always carry more than you think you'll need.
- Collapsible Bowl: For easy, clean hydration.
- Poop Bags: Leave no trace.
- ID Tags & Microchip: Ensure your contact info is up-to-date.
- Pet First-Aid Kit: For cuts, scrapes, or stings.
- Dog Booties: For extreme heat, snow, or rough terrain.

Post-Hike 3-Minute Check-Up

- Paws & Pads: Check for cracks, cuts, blisters, or burrs stuck between the toes.
- Ears & Armpits: Prime spots for ticks and foxtails to hide.
- Coat & Skin: Brush out any debris and check for new lumps, bumps, or ticks.
- Hydration: Offer one final, small bowl of fresh water.

Want a Professional, Vet-Informed Team to Handle the Adventure?

OffRoadPaws offers insured Dog Hiking and Fitness Run programs designed for busy Broomfield professionals. We handle the safety, fitness, and fun—so you can come home to a happy, tired dog.

OffRoadPaws.com

Brought to you by **Off Road Paws** -
Pet Fitness & Wellness Experts
Colorado, USA