



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

Colorado Dog Hiking Safety Checklist

From Your Vet-Informed Friends at Off Road Paws

A great adventure starts with great planning. Use this checklist to ensure every hike with your best friend is safe, healthy, and full of joy.

Part 1: Before You Go

Keep Your Pup Calm

- Vet Green Light: Confirmed with our veterinarian that my dog is healthy enough for the hike.
- Vaccinations & Preventatives: My dog's rabies vaccine is current, and they are on a preventative plan for fleas, ticks, and heartworm.
- Assessed Fitness: I've chosen a trail that matches my dog's current fitness level, age, and breed needs.
- Trail Research: Confirmed the trail is dog-friendly and I know the current leash laws and trail conditions.
- Packed First-Aid Kit: My kit includes antiseptic wipes, gauze, medical tape, and styptic powder for torn nails.
- Packed Water & Bowl: I have more than enough fresh water and a portable bowl for my dog.
- Checked IDs: My dog's collar has a legible ID tag with my phone number, and their microchip information is up-to-date.

Part 2: On the Trail

- Use a 6-Foot Leash: My dog is on a standard, non-retractable leash for maximum control and safety.
- Monitor for Heatstroke: I'm watching for heavy panting or weakness and taking frequent rest and water breaks in the shade.
- Avoid Trail Water: I will not let my dog drink from streams, puddles, or lakes to prevent illness from parasites like Giardia.
- Be Wildlife Aware: I'm making noise on the trail and know how to react calmly and safely if we encounter wildlife.
- Practice Trail Etiquette: I am yielding to other hikers and keeping my dog from approaching people or pets without permission.
- Leave No Trace: I have bags to pack out all of my dog's waste.
- Perform a Tick Check: I will perform a thorough, full-body tick check on my dog as soon as we get home.

Adventure with confidence!

For custom fitness plans to get your dog trail-ready, visit us at www.offroadpaws.com.

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