
10 ESSENTIALS FOR HIKING WITH DOGS

1. Leash & Collar or Harness

Most hiking areas require pets to be on a 6-ft. or shorter leash.

2. ID Tag, Microchip & Current Picture

If you and your dog become separated.

3. Extra Water & Collapsible Bowl

In case there is not a reliable source along the trail.

4. Dog Food & Treats

Dogs will consume more calories on the trail.

5. Plastic Bag & Spade

Pick up your dog's waste along the trail.

6. K-9 First Aid Kit

For trail emergencies, the kit should include bandages, antibiotics and medications.

7. K-9 Insect Repellent

Dog-friendly insect repellent or a repellent treated bandana.

8. Reflective Vest or Light and Bear Bell

For visibility during low light, during hunting season and when hiking in bear country.

9. Clothing & Boots

Insulated vest for cold, flotation vest for stream crossings, boots for sharp or rough terrain.

10. Training & Ability

Your dog should be able to encounter wildlife, other hikers with dogs and new scents on the trail with confidence. You should also match your dog's ability and breed to the appropriate trail.



LOCAL AREA DOG HIKING TRAILS

• SALEM LAKE

1001 Salem Lake Rd. • Winston-Salem
One of the best nature walks in town. *Salem Lake* is a 7-mile dirt road loop around a lake surrounded by old trees and wildlife. Only pedestrians and bicycles are allowed. The Lake trail can be accessed via the *Salem Creek Greenway*. Parking is available in many locations, including the Winston-Salem State University campus and the *Linville Rd.* access east of Winston-Salem.

• HANES PARK/WEST END

492 West End Blvd. • Winston-Salem
Just to the west of downtown is the historic *West End* area and *Hanes Park*. The 1½-mile loop around *Hanes Park* goes by big historic homes, small shops, and old oak trees.

• WASHINGTON PARK

1098 Washington Park Ln. • Winston-Salem
Just south of Downtown Winston-Salem is the very popular *Washington Park*. As the beginning of the *Salem Creek Greenway*, which runs east all the way to *Salem Lake*, *Washington Park* has a very lively dog park or you can enjoy the park's nature trails.

♻️ 30% POST-CONSUMER RECYCLED FIBER CONTENT. MARCH 2018.

PAWS ON THE TRAIL

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DOG PACKS

A dog pack allows your dog to become a part of your next adventure. Dog packs come in various sizes, ranging from a simple hydration pack to a multi-day backpacking trip size. A dog in top trail shape should be able to carry up to one third of its body weight in a properly-fit dog pack. Allow your dog to become conditioned to carrying a pack before setting off on a longer hike. Fitting a dog pack starts off with measuring a dog's girth at the widest part of the rib cage. A correctly-sized pack has multiple adjustment points to fine tune the perfect fit.



Approach
Pack by Ruffwear®

LEASHES & COLLARS

A proper leash and collar will allow you to maintain complete control of your dog at all times. A collar should fit comfortably around your dog's neck, without being loose enough to slip off. With the proper size,

you should be able to fit two fingers under the collar. Most hiking areas require a leash that is 6-ft. or less in length. Look for a leash with a secure collar attachment and a comfortable hand grip.

Front Range Leash
& Stash Bag by
Ruffwear®



DOG BOWLS

Hydration on the trail is just as important for your dog as it is for you. For overall hydration, dogs require about one ounce of water per pound on a daily basis. When they are exerting themselves, they may require more. The weather may also be a factor to consider, as well, with warmer weather outings requiring more water. A collapsible bowl for water and food is a great choice for your hike. They are lightweight and are space saving.

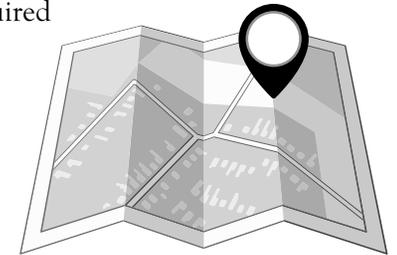
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TRAVELING WITH YOUR DOG TO A STATE OR NATIONAL PARK

With a little advance planning, traveling with your dog to a State or National Park can be a rewarding journey. While regulations vary from park to park, most will adhere to the following rules:

- Your pet must be on a leash or physically restrained and under your control at all times.
- All leashes must be 6-ft. and under.
- You must not leave your pet unattended.
- You are required to clean up and dispose of all of your pet's waste.



Since some parks have specific areas where pets are not allowed, check with individual parks before starting your trip. They may also be able to offer advice on other dog-friendly trails in the area.

To find more Park information, consult the **Oh, Ranger! ParkFinder Mobile App** on your smartphone.