



Nothing beats a nice long walk with your four legged friend! Before you take your dog out on a sniff walk, here are some things you need to know!

* First and foremost, if you have a young dog under the age of 2, it's important to know that your dog's growth plates may still be developing. Please read about age appropriate exercise guidelines [here](#).



Here's a list of the recommended equipment for your adventure walk. You can find most of these products at What a Great Dog! Training Center, located in Frisco, and Richardson, TX.

Back Clip Harness - The Ruffwear Front Range Harnesses is our go to for adventure walks. This lightweight harness has low-light visibility, reflective trim, padding and a chest panel to reduce chafing. It's also equipped with an ID tag pocket. It's been rated as one of the [best dog harnesses in 2018, Whole Dog Journal](#).

Long Line - We recommend a 10' - 20' biothane long line. Biothane leashes are comfortable to hold and very easy to clean (just wipe off with a wet rag!) These leashes are sturdy enough to withstand the rigors of the trail.

Identification Tags - Having ID tags for your dog is incredibly important! Please make sure your dog is wearing tags at all times.

Water - Make sure to bring plenty of water out on the trail. Avoid letting your dog drink standing water from puddles or ponds. Bacteria and parasites can potentially harm your dog and make them sick!

Water Bowl - A collapsible bowl will make it easy to give your dog food and water. We also really like the spill-proof Auto Dog Mug, which fits in your car's cup holder.

Potty Bags - Leave no trace! Make sure to bring a few potty bags for your dog.

Treats and a Treat Pouch - Carrying nutritious snacks will keep your dog's energy level up. Treats also are handy for rewarding your dog when they check in with you, recalls, and maneuvering past people or other dogs.

Towels - Things can get a little messy! You can use a towel to wipe down those muddy paws, or your whole dog if they happen to take a dip in a creek or pond! Bring a few more for the crate or backseat of your car!

Please also consider trail hazards. It can get REALLY hot in Texas, so always check the temperature and be aware of the dog's comfort level, especially dogs who are brachycephalic. If you can, walk where there is shade and some water along the way for cooling paw pads. Always be on the lookout for snakes! When you've finished your walk, it's always important to thoroughly check your dog for Foxtails, burrs, stickers and ticks.

To learn more about more trails in your city, check out <https://www.alltrails.com>.