

# A Hiking Day With Your Pet

It's that time of year when we can shed our winter coats and get outside for some fun in the sun with our pets. Hiking can be a great activity for you and your furry friend, especially with all of the amazing trails around us just waiting to be explored. Before you embark on a fun-filled day, be sure to keep the following tips in mind...



## Preparation for Hiking Season

### Visit a Vet

Be sure that your pet is up-to-date on all shots as well as flea and tick preventatives. Disease-carrying ticks are very common in wooded areas and are easily hidden by your pet's fur. Always confirm with your family veterinarian that your pet is healthy enough for hiking.

### Research

Always make sure that the area you are hiking in allows pets. It is also important to take note of what type of animals and flowers are present near the trails you plan to explore. Many wild plants can be poisonous to pets and there are a variety of venomous snakes in our region.

### Microchipping and ID Tags

Has your pet's microchip and ID tag been updated? Summer is a big season for lost pets for a variety of reasons, so it is important to have preventatives in place before you go hiking. Pets can get very excited with all the new sights and smells, and their curiosity may cause them to wander more than usual!

### What to Bring:

**Water** | Pets get dehydrated just like people do and in the hot summer weather, this can happen very quickly. Always keep plenty of water handy for both you and your pet when doing any sort of strenuous activity, especially in the heat.

**Treats** | Going for an all day hike? Be sure to bring along some snacks for your furry companion. Exercise is sure to make him or her hungry!

**Pet First Aid Kit** | If your pet gets injured while hiking, you may be some distance away from the 24/7 emergency services at Aspen Meadow Veterinary Specialists. Be sure to pack a pet first aid kit so that should an emergency arise, you can perform some initial care before you travel to our hospital.

**Pet Booties** | Rough terrain can be tough on sensitive paws, so pet booties are perfect for preventing cuts and scrapes during your journey.

**Poop Bags** | Nothing's worse than enjoying the great outdoors with a mess on your shoe! Always adhere to the "Leave no trace" rule so that everyone can appreciate the beautiful trails. If you do not wish to carry bags along, you can bury waste at least 6-8 inches deep, 200 feet away from any trails, camps, or water.

**Leash** | Even if your dog tends to stick by your side without a leash, it's important to have one handy just in case. You may encounter other dogs or animals along the trail that could cause your pet to act in unexpected ways.



Open 24/7, 365 days a year

303-678-8844 | [aspenmeadowvet.com](http://aspenmeadowvet.com)  
104 S. Main Street | Longmont, CO 80501

We also offer 24/7 ER care, surgery, and internal medicine at Aspen Meadow Veterinary Specialists in Boulder, located within Alpenglow Veterinary Specialty & Emergency Center

3640 Walnut Street | Boulder, CO 80301 | 303-443-4569