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Take a Hike!

by **Mardi Richmond for Whole-Dog-Journal.com** (excerpts reprinted with permission)

If you've never hiked with your dog, but are thinking of trying it, you are in for a lot of fun. You may want to start out with a casual adventure – close to home and not too long. I've witnessed a few city dogs who became nervous when walking in the woods for the first time. But by making the experience fun (bring along lots of great treats or your dog's favorite toy), you can assure that he'll soon overcome his nervousness and be as excited about hiking as you are.

Even for those dogs who obviously love the great outdoors, be sure to choose an adventure that suits both of your abilities. Think about the kind of physical condition you are in, and how adapted you are to the altitude, the outside temperature, and the terrain. For example, a dog (or person, for that matter) who lives and hikes regularly along the coast may have a tough time when hiking in higher altitudes. Likewise, a dog from a cool region may have some trouble in the heat of a summer desert. Muscles that are well suited for level or gently climbing trails may tire much faster on a steep climb. Don't try to go too far or climb too high if you or your dog is not up to the challenge.

When you're heading out for a hike – whether it be a quick romp through your local woods or an all-day adventure – remember this rule of thumb about what to bring: If you need it, your dog will likely need it too. For even the shortest of hikes, you will probably need to bring a few basic items:

- A leash. (see Daisy Runner page 2)
- Identification for you and your dog.
- Plastic bags for scooping poop. (see Bio Bag page 2)
- Water for you and your dog. Note: It's not a good idea to let your dog drink straight from streams, rivers, or lakes as many harbor waterborne diseases such as giardia. If it's not safe for you to drink, it's probably not safe for your dog.
- Snacks and training treats.
- First aid kit for you and your dog.

In addition, you may want to have a few items stashed in your car, for those "just in case" moments. If your dog enjoys romping through puddles and creeks, or is likely to roll in that delightfully smelly something, grooming supplies can make the ride home a little more pleasant for the human half of the team. I like to bring a couple of dog towels, a jug of water, and a comb and brush.

It's good to know what might be in the area of your hike, so that you can take the simple precautions needed to protect yourself and your dog. If you're new to hiking or traveling to a new area, pay attention to trailhead signboards that will update you on animal sightings and any special dangers. If the area you are visiting has a ranger station, you may be able to call ahead and ask. You can also quiz people who have visited the area and look in the guidebooks. If these options aren't available, simply be aware of your surroundings and use common sense.

Hiking is, in my opinion, one of the most wonderful experiences you can share with a dog. Traveling down a trail together lets you share the adventure and fun. Plus, when hiking with a dog, you will get to see the wilderness through different eyes – your dog's!

Summer's Coming!



Submit a photo of favorite animal friend we'll feature them on our website for the week! Enter at BendPetExpress.com.

Featured Products



Bio Bag :
Picking up after your pet is part of being a responsible pet owner. Don't put 100% biodegradable dog waste into plastic bags that can take over 100 years to decompose! Use a Bio Bag! – 50ct. - \$8.00



Put a few of these in the **Spindrift Doody Bag** – attaches to any lead, collar or belt loop – various colors - \$8.00

*Our dedicated staff really know their stuff.
Have a question? Please ask!*



Spindrift Daisy Runner
Made extra strong, the Daisy Runner is a lightweight and easy way to walk or run with your dog. Just buckle the belt around your waist, hook up your dog, and you're off running! A six-foot lead is fully adjustable for different running situations, and over 8" of reflective material is included on the belt for added safety. – Black - \$24.00

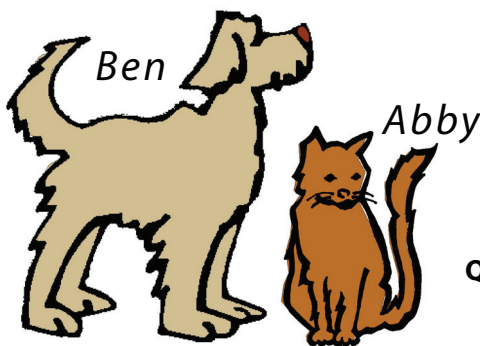
Calendar:	Microchip Clinic:	6/26/10	Westside store – 10:00am – 1:00pm
	Puppy Party:	6/27/10	East & Westside stores – 3:00 – 4:00pm
	All for Dogs Adoption	7/03/10	East & Westside stores – 10:30am – 2:00pm
	July 4th Pet Parade	7/04/10	Downtown Bend
	July 4th Pet Portraits	7/04/10	10:30 - 4:00 Drake Park
			(all proceeds benefit Bend Spay & Neuter)

Fast Facts

Humane Society of Central Oregon – www.HSCO.org

It's cat season. Any additional help in the form of non-clumping cat litter, kitten milk replacer, premium kitten food, and nursing bottles would be greatly appreciated!

Cat adoptions fees cover spay or neuter, microchip, first vaccines, dewormer, FeLV tests, a health exam donated by a local veterinarian of your choice, a collar, carrying box, a temporary ID tag, coupons for free food, discounts on supplies, and valuable training tips and advice. Adopters with a valid email address will also receive a gift of free pet health insurance for one month.



Dear Ben & Abby:

an advice column for your pets

There's nothing like getting your advice straight from the dog or cat's mouth! If you have a question for Ben or Abby, please e-mail them at BenNAbby@marketingdept.net, they'd be happy to respond here in the Bend Pet Express newsletter.

Our questions for this month:

Q. My dog gets very nervous on the 4th of July. Seems as though the whole neighborhood has a wagon full of fireworks. Is there anything I can do to help calm her down? S.G., Bend

A. Ben I've got the same problem, so I understand completely. Those explosions are super loud to me and drive me to complete distraction. I shake like a leaf! How embarrassing for a macho guy like me. So, my person found an all natural solution for me. It's called Happy Traveler. It has valerian root and other stuff that helps calm me down.

A. Abby I like to have a bit of that at cocktail hour with my person. It's fab.