

DOG TRAIL SAFETY & FIRST AID

Quick-reference guide for the Adirondacks • Keep this in your pack

SIGNS YOUR DOG NEEDS TO STOP



Excessive panting or drooling

Stop, find shade, offer water. If it doesn't pass in 5 min, end the hike.



Limping or pawpad cuts

Check paws for cuts, thorns, or cracked pads. Carry dog booties for rocky trails.



Rapid shallow breathing

Can signal heat exhaustion. Cool with wet cloth on neck/groin. Seek shade immediately.



Wobbly gait / confusion

Possible heat stroke or tick toxin. This is an emergency — carry the dog out.



Refusing to move forward

Dogs communicate with their body. Respect the signal — do not force them onward.

HEAT & HYDRATION



Water frequency

Dogs need water every 30–45 min on trail. Carry 1 liter per 30 lbs of dog per hour.



Signs of dehydration

Dry gums, sunken eyes, skin that doesn't snap back when pinched — stop and hydrate.



Hot pavement rule

If pavement is too hot for your bare hand for 5 seconds, it's too hot for dog paws.



Stream water safety

ADK streams are generally clean but watch for blue-green algae (toxic to dogs).

EMERGENCY: NY State Vet Emergency Hotline — Search "emergency vet near Adirondacks" before your trip

ASPCA Animal Poison Control: 888-426-4435 (24hr, fee may apply)