



THE “PAW”PARED PACKING LIST

(a.k.a. Your Dog's Go-Bag Checklist)

Keep your dog happy, safe, and healthy on every adventure. Download this checklist anytime at www.movebettertogether.com (QR Code Below)

Must-Have Essentials

- ☐ Leash – For safety and control during walks or hikes
- ☐ Collapsible Water & Food Bowl – Portable, Lightweight and easy to pack
- ☐ Water Jug – Bring enough for both of you (especially on hot days)
- ☐ Towel – Great after a swim, rain, or muddy outing
- ☐ Doggy Bags – Always be prepared for cleanup
- ☐ Snacks/Food – Pack energy-boosting snacks for you and your dog
- ☐ Fully Charged Phone or Portable Charger – For maps or emergencies
- ☐ Sunscreen and Lip Balm – Protect yourself from the sun's harmful rays
- ☐ Flashlight – For late adventures or unexpected delays
- ☐ Collar, Dog ID Tags & Medical Records – In case of emergency or vet visits
- ☐ Medications – For both human and canine needs
- ☐ Reflective Gear – Visibility during early morning or evening outings
- ☐ Vaccination Records and Emergency Contact List – Vet, emergency clinics, family
- ☐ Money – Cash or card for supplies or emergencies

Exercise Gear for On-the-Go Movement

- ☐ Resistance Bands – Quick, portable workout tool
- ☐ Flying Disk or Ball – Playtime for your dog
- ☐ Jump Rope – Boost your own cardio
- ☐ Foam Roller – Post-exercise recovery to help relax tight muscles

Optional but Recommended

- ☐ First Aid Kit – For both humans and dogs
- ☐ Weather-Ready Gear – Raincoat, sun hat, or paw wax for changing conditions
- ☐ Map – Especially important for unfamiliar trails
- ☐ Extra Shoes and Socks – In case you encounter wet or muddy conditions
- ☐ Multi-tool or Knife – Always handy outdoors
- ☐ Blanket – For rest, warmth, or picnic stops
- ☐ Travel crate/carrier – safe traveling for your dog during car rides to adventures
- ☐ Solar Charger – Backup for phones or GPS

*Inspired by the book: Healthy Living with Your Dog – 21 Tips for a Healthy, Injury-Free Life
by Dr. Brandon Schomberg*

