**Wessex Tips and Tricks**

* Be polite to fellow dog walkers – we want to be welcomed on all of our runs.
* Respect people who say their dogs are reactive and give them enough space when running and in the carpark.
* Ensure you don’t let your dogs drink out of puddles. We have no idea what chemicals have made their way in to the water. Carry fresh water with you or have water at your car for your dog.
* We run on very uneven, muddy, slippery ground and a good pair of trail shoes (shoes with ‘tread’) are highly recommended. Many canicrossers run in Salomon Speedcross but there is a huge variety to look at.
* Many canicross lines come with a handle. If you like to pull your dog in close at some points without hurting your hands, we would recommend one of these!
* You will get muddy and you may not want to drive home in wet/muddy clothes. Bring spares or a towel to sit on.
* Dogs will be muddy too. With increasing cases of Alabama Rot in the UK, it is worth making sure dogs are washed. If you would also like to keep your car looking slightly more acceptable, Hozelock do a good ‘Porta Shower’ that can be used after a run.
* Lots of us like to put our dogs in comedy jumpers when we get home to keep them warm and cosy. We like Forest Fleece LTD but there are many companies out there too.
* Finally, cake = friends.