Reactive dog walk planning checklist

- [ ] Choose a quieter route with a safe turn or side street.
- [ ] Check your dog’s familiar walking gear before leaving.
- [ ] Look for the trigger and give the dog room to disengage.
- [ ] Turn away before the gap closes and record what helped.
- [ ] Call your vet about sudden changes or repeated severe distress.

Ask your veterinarian about sudden changes, pain or severe distress. Seek qualified help if walks cannot be managed safely.