

Summer Adventure Guide

The Dog Days of Summer



Plan the best Adventures
**Tips for Dog
Friendly Trips in FL**

Adventure Gear
**WE CAN'T LIVE
WITHOUT**

Mindful Eating
**Healthy Recipes
for Mom & Pups**

Extras:
**RV & Hydration
Tips**

@deitaandthedingoes



WHAT'S INSIDE



02

DOG FRIENDLY
TRAVEL TIPS

03

BEAT THE HEAT:
HYDRATION TIPS

04

FAVORITE DAY
TRIPS FROM ST
PETE, FL

05

ADVENTURE GEAR
WE LOVE (PUPS)

06

ADVENTURE GEAR
WE LOVE
(HUMANS)

07

HEALTHY TREATS
(PUPS)

08

HEALTHY TREATS
(HUMANS)

09

EXTRA: RV-ING
WITH YOUR PUP
TIPS

10

EXTRA: FAVORITE
WORKOUTS TO
BRING ON THE
ROAD

OUR TOP

DOG FRIENDLY TRAVEL TIPS



WHETHER YOU ARE TRAVELING FOR THE DAY WITH YOUR PUP FOR AN ADVENTURE ACROSS THE STATE, OR IF YOU ARE PLANNING A WEEKEND OR LONGER VACATION AND WANT YOUR PUP TO BE INCLUDED, REMEMBER TO TAKE THESE INTO CONSIDERATIONS...

- **MAKE SURE YOUR PUP'S VACCINES ARE UP TO DATE**
- **CONSIDER MICROCHIPPING OR PURCHASING A GPS COLLAR**
- **PACK EXTRA FOOD & TREATS**
- **MAP OUT PIT STOPS IF TRAVELING BY CAR FOR A LONGER PERIOD OF TIME**
- **PRACTICE CRATE TRAINING IN CASE NEEDED**
- **KEEP THEIR ROUTINE AS CONSISTENT AS POSSIBLE**

02





BEAT THE HEAT

OUR FAVORITE ENRICHMENT & COOLING TOYS/GEAR:
 CLICK TO PURCHASE FOR YOUR PUP!*



HYDRATION & HEALTH TIPS FOR THRIVING THIS SUMMER

1

Focus on Mental Stimulation

Focus on shorter walks in the cooler times of day with more sniffs vs distance; purchase enrichment or puzzle toys to keep them busy; teach them new tricks and work with them for 10-15 minutes each day

2

Give your Pet Access to Fresh Water at all Times

Always make sure if you leave to leave enough water for them until you return, and change out the water and WASH your pets bowls frequently. Bring water with you if you are on the go, along with a little bowl or something for them to drink from. You can even add water to your pup's kibble for extra hydration!

3

Know the Signs of Dehydration

- Vomiting and/or diarrhea
- Loss of energy
- Excessive, ongoing panting
- Loss of appetite
- Sunken, dry eyes
- Dry, sticky gums
- Loss of skin elasticity

Your pup needs about 1 ounce of water/pound that they weigh... so if your dog weighs 10 pounds, they should drink at least 10 ounces of water each day. If you think your pet is dehydrated, take them to the vet immediately.

DAY TRIPS FROM ST PETE

Some of our favorite summertime day trips that we make to stay cool during the summer time. We are big fans of leashed parks, since sometimes the dingoes don't play well with others. Tag me in your adventures! @deitaandthedingoes



• [Rye Preserve: Parrish, FL](#)



• [Dames Caves: Lecanto FL](#)



• [Chassahowitzka River](#)

**TAKE YOUR PUP ON A
COOL DAY TRIP & CHECK
OUT SOME OF OUR
FAVES LESS THAN 2
HOURS FROM ST PETE**

ADVENTURE GEAR

FOR THE PUPS (WITH LINKS- CLICK THE UNDERLINED WORD*S)

SOME OF OUR FAVORITE GEAR WE USE FOR OUR SUMMER ADVENTURES

LIFE JACKET



Safety first! Whether we are out on the paddleboard, canoe, kayak or boating, these are perfect so you can scoop anyone who goes overboard!

LOWSEAT CHAIR



This is by far the BEST camping chair if you want to chill with your pups! We just ordered the three seater too! Can't wait!

@DEITAANDTHEDINGOES

INFLATABLE SUP



This is our go to activity basically year round in Florida. And ROC is our brand! We love the convenience of it, and have even brought it on the plane with us, multiple times!

WATER-LESS

PUP SHAMPOO

This is perfect for when you dont want to get your pups wet, and use between washes. We love the scent too!



DOGGIE SLEEPING BAG



I was shocked at how much all 3 dogs LOVE these! Totally perfect for any adventure or just hangin at the house!

TRAVEL BOWLS

(Click the number to go to links)



1. Our Every Day Water Bowls
2. 2-Gal Stanley to Bring Pups Water
3. Collapsible Travel Bowl
4. Kibble Travel Bag

ADVENTURE

GEAR

FOR THE DOG MOMS (WITH LINKS)

**MY GO-TO
ADVENTURE
GEAR THAT I
COULDN'T LIVE
WITHOUT**



Adventure Sandals

I wear a lot of sandals, and these are the BEST!!! Sharing my two favorite styles



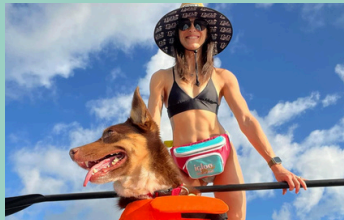
Pre-Workout & Hydration

I am loving this new Promix Pre-workout, super clean! And the Salty Watermelon Hydration is my fave!



Lava-Gel Oven

Have a hot meal wherever you go in about 7-10 minutes, with no electricity or flames, and its good for the environment.



Fanny Pack Cooler

This is the best for shorter day trips on the paddleboard, pack days, or any adventures you want a small easily accessible cooler



Yeti Camino Bag

This is my everyday bag. Durable, waterproof, perfect for literally everything and anything! You will not be disappointed in this! I have both sizes & love them. (Linked is the smaller one)



JBL Headphones

Upgraded from my AirPods, & these are AMAZING! Noise canceling and dont hurt my tiny little earlobes. These are the middle of the line for JBL but have amazing sound & battery life. And they are comfy AF!

HEALTHY TREATS

FOR THE PUPS TO STAY COOL THIS SUMMER



SOME OF OUR FAVORITE SIMPLE RECIPES

@DINGOES.DUMBHELLS



Frozen Pumpkin Yogurt Pup-sicles


Ingredients

- 1 cup plain Greek yogurt
- 1/2 cup canned pumpkin (not sweetened or pie filling)
- 1/3 cup smooth all natural peanut butter

Instructions

- Mix all ingredients well in a medium size bowl.
- Divide into small silicone molds of choice (we used little dog bones)
- Freeze at least one hour. Store in freezer.

@DINGOES.DUMBHELLS



Frozen PB & J Pup-sicles


Ingredients

- 2 cups of strawberries
- Dog-safe peanut butter

Instructions

- Toss the strawberries into a blender and blend until smooth. Add a little water if needed to thin the puree.
- Pour the mixture into a silicone treat mould or ice cube tray and drop a small dollop of peanut butter onto each treat.
- Freeze for at least 1 hour before serving.
- Store in freezer bags or freezer-safe tupperware for up to 1 month.

@DINGOES.DUMBHELLS



Cantaloupe Ice Cream


Ingredients

- 2 cups of ripe cantaloupe
- 1/2 cup of plain yogurt

Instructions

- Cut the melon up into bite-sized cubes, lay single-layer on a parchment-lined baking sheet, and freeze for several hours, preferably overnight.
- Add the frozen cantaloupe chunks and the yogurt to a food processor and blend until smooth.
- Add water a little at a time until you get a creamy smooth ice cream texture. (too much water will give you a slushy texture, so don't go overboard)

@DINGOES.DUMBHELLS



Savory Sweet Potato Pupsicles

Ingredients

- 2 cups of pureed sweet potato
- 1 cup of bone broth

Instructions

- Whisk the sweet potato and bone broth until smooth.
- Pour or spoon the mixture into a silicone treat mould or ice cube tray.
- Freeze for at least 1 hour before serving.
- Store in freezer bags or freezer-safe tupperware for up to 1 month.

HEALTHY TREATS



FOR DOG MOMS ON THE GO

@DINGOES.DUMBHELLS



Mango Fruit Rolls

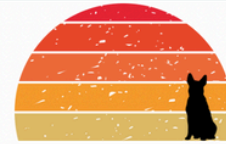
Ingredients

- Parchment paper
- 1½ cups chopped mango

Instructions

- Preheat oven to 160° F (or your oven's lowest setting).
- Line a large baking sheet with parchment paper; set aside.
- Place mango in food processor; pulse until smooth, 1 to 2 minutes, scraping down sides with a rubber spatula as needed.
- Use spatula to spread mango purée evenly in a thin layer on parchment paper about ¼-inch thick or in the shape of a 10-inch x 6-inch rectangle.
- Bake mango spread for 3 to 4 hours, or until dry.
- Transfer mango spread, with parchment still attached, to a cutting board; cut into 4 equal pieces.
- Peel parchment away from mango just before serving. Store refrigerated in an airtight container for up to one week.

@DINGOES.DUMBHELLS



No Bake Oatmeal Cookie Bites

Ingredients

- Parchment paper
- 1½ cups dry rolled oats
- ½ cup all-natural almond butter
- 2 scoops Vanilla Whey (or Vanilla Plant-Based Vegan)
- Shakeology
- ½ cup unsweetened almond milk
- 2 Tbsp. pure maple syrup
- 1 tsp. pure vanilla extract
- ½ cup raisins

Instructions

- Line a large baking sheet with parchment paper; set aside.
- Add oats, almond butter, Shakeology, almond milk, maple syrup, and extract to a large mixing bowl; stir until cookie dough consistency is reached.
- Add raisins; gently fold to incorporate.
- Form dough into 24 (1-inch / 2½-cm) balls; place on parchment paper. Flatten into cookie shape. Refrigerate in an airtight container for up to 4 days, or freeze for up to 2 weeks.

@DINGOES.DUMBHELLS



No Bake Chocolate BonBons

Ingredients

- Parchment paper
- 12 medjool dates, pitted
- ¼ cup all-natural almond butter
- 2 scoops Chocolate Whey (or Chocolate Plant-Based Vegan) Shakeology
- 2 Tbsp. Cacao nibs
- 2 Tbsp. Cocoa powder (for coating; optional)
- 2 Tbsp. Unsweetened shredded coconut (for coating; optional)
- 2 Tbsp. Goji berry powder (for coating; optional)
- Plastic wrap (or aluminum foil)

Instructions

- Line a small baking sheet with parchment paper; set aside.
- Place dates, almond butter, Shakeology, and cacao nibs in food processor; pulse until smooth.
- Shape mixture into 15 walnut-sized balls; place balls on baking sheet.
- Roll 5 balls in cocoa powder, 5 balls in coconut, and 5 balls in goji berry powder to coat (if desired). Return balls to baking sheet, cover with plastic wrap (or aluminum foil), and chill at least 30 minutes, or until firm.
- Serve immediately, or store refrigerated in an airtight container for up to 3 days.

@DINGOES.DUMBHELLS



Cucumber Hummus Rolls

Ingredients

- 1 large cucumber
- ¼ cup prepared hummus
- ¼ cup roasted red peppers, thinly sliced

Instructions

- Use a vegetable peeler to peel off eight long, thin slices of cucumber.
- Spread 1½ tsp. hummus on each cucumber slice.
- Top each with 1½ tsp. red pepper slices.
- Pick up one end of the cucumber slice and roll cucumber loosely around the filling. End with the seam on bottom and secure with a toothpick.

RV-ING TIPS

Be prepared.



Make sure you have all your dogs vaccinations, medicines they might need & extra food. Get either a GPS collar or your pup microchipped just in case.

If you leave.



**GET YOUR WAGGLE
MONITOR FOR 50% OFF!**

If you plan on leaving your pup alone while you're out exploring make sure you leave a key hidden outside, a note on the door/window, and the A/C or heat on if needed. Don't forget to dog proof the RV. You can even get a little camera or hire a pet sitter. The also make a 'pet monitor' you can set up that monitors temperature and humidity and will send it directly to your phone.

Stay busy & hydrated.



I always say a tired dog is a happy dog. Plan adventures, go on walks, and have plenty of water available for your dog. And heads up, sometimes campground water can mess with your pups belly, so we bring either a pitcher to filter, or filtered water. A sick dog is not fun in ever, but especially in a small space.



**YOUR PUP
DESERVES TO
SEE THE WORLD
WITH YOU!**

DAY TRIPS FROM ST PETE

Here are some of our favorite dog friendly RV Resorts / Parks within 2 hours of St. Petersburg! Perfect for a weekend getaway with fun, dog friendly things to do at the park and nearby!



- [Sweet Citrus Acres- Crystal River, FL](#)



- [Fort de Soto Campground- Tierra Verde, FL](#)



- [Linger Lodge- Bradenton, FL](#)



LET'S CONNECT



JOIN THE MOVEMENT

Let's connect and be friends! For all collaborations or business partnerships please email me →



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