

❑ **Martingale collar, also called a Greyhound collar (optional).**

If you have a dog with a narrow head, such as a Greyhound, you may want to use this collar, but only when taking the dog on a walk, because the collar may get caught on something. It has an extra loop that tightens around the dog's neck if he pulls, but will not choke the dog if you fit it properly.



Martingale or Greyhound collar

❑ **Harness (optional).** Many owners find that they can walk their dog with more control when his leash is attached to a harness instead of a collar. I prefer harnesses where the leash attaches at the dog's chest, rather than on his back. Many breeds treat the top-of-the-back attachment as an invitation to pull, while the chest attachment causes the dog to turn toward you when he pulls. Make sure that the harness fits snugly and check your dog for chafing.



Body harness

❑ **Leash.** I recommend a six-foot leash (instead of a four-footer) so that your dog can get a little extra freedom, especially during exercises when you tether him to your belt. If you're thinking about using a retractable leash, such as a Flexi, wait until your dog has completed the five-week fundamentals program, has developed excellent recall, and can walk politely at a loose heel.

❑ **Crate.** See the crate training section (page 53) to help you choose what's right for your dog and your decor.



Use the x-pen as a playpen . . .

❑ **X-pen.** If your budget will allow it, get a collapsible exercise pen, often called an x-pen, as your dog's movable playpen area. This lightweight, portable pen can be used to keep a dog in or out of an area. Set it up as a contained ring or divide a room like the Berlin



. . . or as a room divider.

Wall . . . to be taken down when your dog matures. You will find other uses for your x-pen while you go through this training program. To keep my dogs from moving ours, I tie dumbbell weights with bungee straps to the bottom of the pen.

❑ **Baby gates.** These movable gates help you close off rooms or keep your dog confined to a particular room.

❑ **Bedding.** Since your new dog may chew his bed, choose an inexpensive option at first—towels and cheap blankets.

❑ **Food bowl and water bowl.** Although I'm a fan of bowls that fit into a raised housing, you may want to go as simple and lightweight as possible at first, especially as you're mastering the hand-feeding protocol (detailed in the next chapter). Once hand-feeding has been mastered, you can switch to a more deluxe setup, including a metal or ceramic bowl that is easy to sterilize.

❑ **Food and treats.** See the feeding section in the next chapter (page 46) for guidance in making diet choices. Remember to set aside a portion of your dog's daily diet for training treats.

❑ **Toys for play.** Allowing a dog to "own" only a couple of toys that he can play with whenever he wants to will help create opportunities for training. Don't allow him to destroy or shred toys; blocked intestines can require surgery. Always supervise toy play.

❑ **Toys for chewing.** Chewing is a dog's natural impulse. So, rather than tempting your dog to chew things she shouldn't, direct her chewing behavior



Fill a Kong with treats for constructive chewing.

positively by regularly giving her toys that are made to be chewed. My favorite chew toy is the Kong, because younger dogs love them and yet they are practically indestructible. A Kong can be stuffed with treats or dog food to slow down a dog that eats too fast; you can give it to her while she is in her crate or as a reward.



Have a few stuffed Kongs handy as special rewards.

❑ **Toys for training.** These are special toys that I "lend" to my dog as a reward during training sessions; after some brief moments of play, he has to give them back to me in exchange for a cookie, a training technique that I will teach you later (see page 117). They can be delicate rubber squeaky toys or special plush toys, and are always returned to me for safekeeping.