

# Shelter Playgroup Alliance

## Harness Recommendations

A harness is always on our list of “must have” supplies! Here are some of our favorite harnesses - all designed with safety, comfort, and mobility in mind - keeping pressure off the dogs neck and avoiding long-term physical damage.

Our first suggestion is not a harness at all, but converting a slip lead to a harness-type walking tool. The leash wrap technique will be an asset to your repertoire, and can be helpful when you don't have a harness available. The leash wrap works by keeping the dog comfortable and removing pressure from the dog's neck- a win for you AND the dog! It's best to use an eight, ten, or twelve foot biothane slip-lead. [Long biothane slip leads by Science at Play are our favorites and what are used during handling workshops.](#) To create a harness, place the lead around the dog's neck, make sure the ring of the slip lead is at the top of the dog's neck, loop the leash in front of the dog so it is on the floor. Toss some treats down near the loop of the leash, in front of the dog, so they have to move forward; securing the leash under the chest. Slip the end of the leash under the part of the leash that is on the dog's back. Ta-da! You have a leash wrap! [Click here to watch a demo of this technique on our YouTube channel.](#)

The first harness we recommend is the [Balance Harness sold by Blue9. The Balance Harness was designed by professional dog trainer Lori Stevens for the perfect fit,](#) giving dogs comfort and the ability to move with total range of motion, and has multiple leash attachments. To use, clip the neck strap around the dog's neck and lay the colored strap along the dog's back. Feed the chest strap in between the dogs front legs, and clip the girth straps on either side to the back piece. You now have the perfect balance of comfort, sleek design, and mobility!



[Freedom Harness by 2 Hounds Design,](#) a family-owned company in Indian Trails, North Carolina created the next harness we recommend. Why do we love this harness? It has two attachment points for easier control, a comfortable fit to minimize choking, and a velvet-lined chest. The Freedom No-Pull Harness comes in a variety of colors and sizes. To use, slip the harness over the dog's head, bring the sternum strap between the two front legs and clip the buckles on each side of the dog's chest. Then, clip your leash to the front loop, back loop, or both!

[The Perfect Fit Harness is a harness made with comfort and safety in mind.](#) With the Perfect Fit harness' modular design, it is a great tool for shapes, sizes, breeds and ages of all dogs. The website will have you select three separate pieces that make up the harness- girth, front, and top. Each piece is made to be the perfect fit for your dog. To use the Perfect Fit Harness, take the top piece and place it along the dog's back. Then, clip the front piece around the dog's neck. The girth piece goes between the dogs front legs and clips up both sides of the rib cage. You are set to have a “perfect” walk in your Perfect Fit Harness!