

E Collar Starter *cheat sheet*

The Mini Educator. This is the E Collar I swear by. It has 100 levels and I love how you can get the remote in different colors. It also has a TONE function - perfect for recall. You can find it on Amazon or better yet, Ecollar.com. They have great customer service.

The E Collar we use does not have electricity running through it - your dog can swim with it on. The technology is similar to a TENS unit - like what they use in physical therapy. This is why you might see your dog's neck muscle move when you use the E Collar - it's stimulating the muscle.

Small dogs. For smaller dogs I recommend getting the Micro Mini Educator. It's just like the regular mini E Collar, but is smaller and has a 20% difference in stim. Perfect for smaller dogs.

I like to use either a flat buckle collar or prong collar when introducing the E Collar - it all depends on the dog. If I need to have more control with a dog (they are trying to pull me all over the place) I will start with a prong collar and E Collar combo. This way, I have more control when working with a dog. When you're first introducing the E Collar you will be at a lower level (the working level - the first level your dog feels out of 100) and if your dog is pulling you all over the place, it will be tough to work at that lower level. Sometimes I have to dial up in an initial session to get a dog's attention, but I would prefer that you not have to do that. Having some extra control with a tool like the prong collar can help.

Start Indoors. I'm sure you're a little nervous about using this new tool, and I get it. By starting indoors you'll be able to keep distractions to a minimum and your E Collar levels lower. Any time I go outside with a dog, my E Collar levels go up - the working level doesn't mean as much with more distractions.

Have a leash on - FOR REAL. And put the leash on *before* you put the E Collar on. The amount of times someone has messaged me saying they put the E Collar on and their dog ran off - way too many. I know many of you have heard negative things about this tool and you think your dog knows to be nervous - but let's just clarify - they don't. It does sound like your dog likes to run off, but that's about it.

The E Collar is non-directional. If you start tapping on the E Collar without a leash on, your dog will get freaked out. Not because it's painful, but because they have no idea what to do with the new sensation. It's like someone coming up to you and blowing on your neck. You'd flip around - what was that?! You don't see anyone there and get nervous. But what if you had a friend with you to guide you through it? They reassure you that it was just the wind - nothing to be nervous about. When you have a leash on your dog, you can guide them through any moments that make them nervous.

If you haven't seen it yet, check out this reel - how the E Collar can help your nervous dog (click on the picture)



This video in the E Collar Starter Guide is a perfect example of needing to dial up in the first session



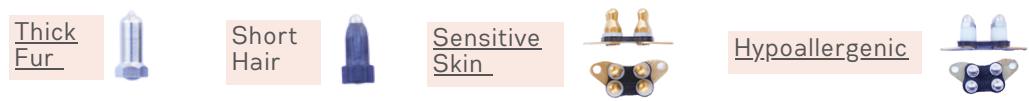
We have a video of me working with a dog who got nervous after introducing the E Collar (tried to hide under the table) and I show you how I work through it

The fit of the E Collar. One of the things I recommend getting in addition to your E Collar is a [bungee collar](#) - it's so helpful for getting a consistent fit. [We get ours from Adventure Hound Customs](#) and they have so many colors to choose from.

I love using a bungee collar on medium to large sized dogs. I use a smaller collar for small dogs, with no bungee but a clip - message AHC on IG and they will help you). A lot of dogs have necks that expand when moving around and the bungee allows the collar to expand with the neck. This is also great for owners who are nervous about the E Collar strap being too tight. I would rather the collar be a little too tight than loose because everything comes back to the contact of the E Collar with your dog's skin.

You can get a much more consistent fit with the bungee collar. Please remember that **the fit will not be perfect** - especially for dogs with thicker fur. And that's ok. If this makes you nervous (what level do I start with today if the fit is different?) try finding your dog's working level each day. It's kind of a pain, but it will make you feel better when knowing what your dog's perception level is daily. Your numbers will not always be the same and that's ok.

Different contact points can help. Your E Collar comes with the standard contact points (by the short hair) and will work for many dogs, but you can also buy different contact points depending on your dog's fur and skin.



Short hair - the basic contact points. These come with your E Collar. You'll find an extra set of contact points in your box - these are a little longer than the ones on your collar. I use them with dogs who have normal hair and normal skin. Sometimes I don't know about a dog's skin until the first few days of working with a them and having the collar on. I make sure to check their neck and if I see any red marks I switch to the comfort pads or titanium points (both linked above).

Thick fur or long hair - you'll need to buy these separate. They do have a small point on the end (this helps get good contact with your dog's skin) so I make sure to monitor a dog's neck each time I put the collar on. Contact sores are more likely to happen with these contact points - it's a sore from the contact point sitting in one spot for too long. It does not happen if you use higher levels on the E Collar - there's no electricity going through the E Collar. It's a skin irritation issue and can easily be taken care of by changing the location of the E Collar box on your dog's neck as often as possible. I also recommend switching to the comfort pads or hypoallergenic contact points.

A note about sensitive skin: please be sure to remember this as it can make you feel bad if it happens and you're unaware

Sensitive Skin. I love using the comfort pad contact points (they have long and short fur options) but it's important to know that they do dull the sensitivity of the E Collar. What this means is your numbers may need to be higher than they would with the other contact points. Something to keep in mind as you work with your dog.

Get to know your remote. I recommend playing around with the remote and collar before putting it on your dog. Doing this will help you feel more confident when you start training. **Switch to TONE.** Tone is like a bonus - great for recall and encouraging movement. How you switch from vibrate to tone (please have your collar close to you): First make sure your remote is set to zero. Press and hold down on the bigger on/off button and simultaneously tap once on the vibrate/tone button. You should hear a beep on the collar. Now each time you tap or press down on the TONE button, you'll hear a sound. In training, pairing TONE with the STIM (short for stimulation - the levels 1-100) helps dogs learn much quicker. And it's so much fun.

THE REMOTE

M/C SETTING. The M stands for momentary and C stands for continuous

BLACK BUTTON:
Corresponds to the M - momentary STIM

RED BUTTON: Corresponds to the C - continuous STIM if held down for up to ten seconds. I use this as my main button, because you can also use it as a momentary button with a tap. It's only continuous if you hold it down.

DIAL KNOB. To change the levels on the remote
Tip: if you find that you can't dial up or down, your dial is locked. To unlock, press and hold down on the dial knob for a few seconds.

BATTERY LIGHT (it will flash red when low on battery)

ON/OFF and light button (press and hold for a couple of seconds to turn on and off) or tap to get the light to come on

VIBRATE/TONE button. I prefer tone and you need to manually switch from vibrate to tone.

MAGNETIC POWER SWITCH to turn on the collar. You tap the red dot on the remote and collar together to turn on the collar.

MODE BUTTON: it lets you change the setting from M/C (what I prefer) to just the M or C. The M or C setting makes the red button BOOST. Initially by five, and then you can increase the boost to your preference.

CHARGING SPOT: there is also one on the collar



Create realistic expectations. One session will not solve all of your problems. Take it one session at a time and keep your sessions short. I like to aim for 10-15 minutes. If I find that we're having fun and I want to keep going, great! But most dogs have a short attention span - please keep this in mind.

Incorporate passive place training from the beginning. I also call this place duration - when your dog starts to hang out on place for at least thirty minutes. You can check out a [free video all about how to get started with the place command here](#). I find that when I start to train with the E Collar, the place command is like my side kick. It's there to help you create some calm in your home. When I first got into E Collar training, I focused so much on the active stuff - when actively working on things like heel, recall around my home or recall off of place. It wasn't until I was a few years into training full-time that I started to incorporate a place duration session each time I worked with a dog - after the walk, introducing the E Collar, working on recall - and I found that a dog progressed *much quicker* than without the place duration sessions. We have a place duration schedule in our [E Collar Starter Guide](#) along with our [Intro To The E Collar videos](#) which are all about how to use the E Collar to get the most out of the place command. [You can find those videos here](#).

Keep the E Collar on. I recommend having your dog's E Collar on anytime you're home - not only when you're working with your dog. For me, E Collar training is a lifestyle and I want you to start thinking of the collar just like you would with a collar that has your dog's tags on it - just in case they get lost. The E Collar is the same. You have it on just in case you need to use it. You won't be using it much without having a leash on in the beginning, but getting into the habit of having it on your dog anytime you're home is recommended.



Did you find this helpful? Have any questions? Message me on Instagram @walkingdogtraining and let me know!

need some
extra help?

[E Collar Starter Guide + Videos](#)

[The Reactive Dog Handbook](#)

[The Guide to Separation Anxiety](#)

[The Walking Dog Ultimate Bundle](#)

NOW INCLUDING VIDEOS!

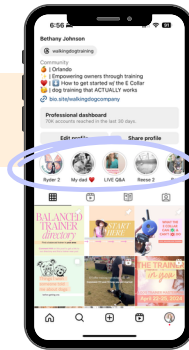
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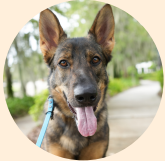
THE GUIDE TO SEPARATION ANXIETY
HOW TO WORK THROUGH IT AND FIND SOME PEACE
LOVE WALKING DOG TRAINING

Bonus! IG Highlight cheat sheet



I've linked each highlight and some dogs have two highlights. Click on their name to watch them.

Reactivity



REESE ONE and **TWO** : the German Shepherd. Reese's owners couldn't take her anywhere - you'll see why with her before footage. She was a highly reactive girl and I talk a lot about higher levels in her highlights. It was the thing that made the biggest difference for her and will be helpful for you when you get to the Accountability Phase.

Young and pushy

Pushy things like barking, pulling on leash, play biting, jumping on people, only doing things for food.



SUNNY ONE & TWO. Some things her owners were struggling with: not house broken, doesn't follow commands, pulls on leash while walking, jumps on strangers, begs for food. Lots to cover and her owners are so happy with how things are going post-board and train.



STARK ONE : bull terrier. He was the sweetest dog and SO pushy. In his highlight I talk a lot about TONE and levels with the E Collar when working on recall. One of the most important goals for the owner was recall, so I talk a lot about it. I also mention how I use the E Collar for OUT and correcting barking in the kennel.

Anxiety



DAISY. She came to me with separation anxiety in her kennel. In her highlight I talk a lot about how I use the E Collar to address the anxiety and overall what is most helpful when working with a dog like her.

*You can find the full Instagram Highlight Cheat Sheet in [the E Collar Starter Guide](#)