



## Traveling With Pets

Pets that love riding in cars have already made your trip easier. If your pet isn't one of those, however, let's start with the basics. You first need to get your pet used to a carrier or crate. Cats always should be in a carrier as well as dogs that are flying. Carriers or your dog need to be buckled in as well so your pet is restrained in the car.



On our website, read *Crate Training* in our Dogs section, *Getting Cats Comfortable in Carriers*, and *Helping Cats Get Used to Car Rides* (do the same thing for dogs) in our

Cats Section. These will explain how to get your pet used to a carrier or crate as well as getting used to car rides.

### **Motion Sickness**

If your pet is prone to motion sickness, treat it so he will learn that travel doesn't make him sick. Pets with motion sickness often don't move much and tend to drool. They may vomit as well. Diarrhea is not usually a symptom of motion sickness but can be a result of anxiety.

Many youngsters have problems with motion sickness when you first start taking them in a car. Most will grow out of it, but some adults continue to have problems.

Conventional treatment often uses tranquilizers, They prevent vomiting and help your pet sleep through the trip. They are not recommended for pets that are flying and they may sedate your pet for many hours. This is often undesirable for a short trip.

We recommend an herbal product that usually works well, pets will take it, and it doesn't have any sedative effects.

### **Treating Anxiety**

If your pet is still anxious about traveling even after going through the training steps, treatment for anxiety is a good idea. Try one or several of these ideas:

- Pheromones (chemicals specific to each type of animal) will often have calming effects and help with stress. Feliway® is for cats and Adaptil® is for dogs.
- Lavender is calming and may be slightly sedating. Put some lavender oil on a cotton ball and wipe the door of the carrier with it or dab some in a spot in the car. *Don't put it where your pet can lick it because the oil is toxic if eaten.* It needn't be strong smelling to work!
- Antianxiety treats will help calm down some pets.
- ThunderShirt or similar products can help some pets. The shirt wraps around your pet and the swaddling has a calming effect.



### **Long Car Trips**

Take water and a bowl with you when driving for more than a couple hours with your pets. Cats will usually not use a litter box while traveling. However, you should offer a box to your cat if you are on the road for many hours and you can do it safely. Most pets, unless they are very young or small, won't need to eat during the trip.

When stopping, have your dog on a leash at all times. Even the best of dogs may take off in a strange place.

### **Flying**



Make a reservation as soon as you know you will be flying with your pet. This is especially important if you want your pet to go

onboard with you. Airlines usually limit the number of pets they will take. Some airlines also won't allow certain breeds. Contact the airline to find out what they require.

Most airlines require a health certificate. It usually needs to be dated within 10 days before you leave. Your pet needs an exam by a USDA accredited veterinarian to get a health certificate, which is something we can do.



If you plan to travel to another country or Hawaii, learn their requirements as soon as possible. Many have a multi-step process you must go through before your pet will be allowed to

enter and it may take several months to complete all of it. A quarantine may also be required once you arrive.

All pets (including cats) should have a collar with a tag that includes your cell phone number. Have a leash with you in case your pet needs to be removed from its carrier. Don't rely on holding your pet in your arms. It is much too easy for a pet to get away from you. The last thing you want is a pet running loose in an airport!

Most pets don't need food or water during a flight within the US. You can usually wait until you reach your destination. However, if the flight is long, delayed, or your pet is very small or young, offer some during the trip. Take some water, food, and collapsible bowls (available at camping supply stores) with you.

### **All Trips**

Be sure your pet is up to date on vaccinations before traveling. Carry a copy of your pet's rabies certificate with you (have it readily available). Include the name and number of your veterinarian in your papers.

If your pet has medical problems, have a summary of them written down along with any medications your pet is taking (including dose). Be sure to have enough medications with you to last through your trip. If your pet is on a special diet, take enough of that with you as well.



Have your pet microchipped and register directly with the microchip company. Be sure the company has your cell phone number. Your pet should also wear a tag that has your cell phone number on it.

### **Summary**

Be prepared for any emergency that may occur along the way or at your destination. Then sit back and relax!