



Tips to Minimize Pet Stress During Holiday Travel

Traveling with your pet this holiday season? No worries! Give these **7 travel tips** a try to help keep your pet healthy and happy—every step of the way.

1. Plan a pet-friendly travel route

Dogs need frequent opportunities to relieve themselves, and stretch their legs particularly when under duress.

- Plan ahead to ensure access to dog-friendly pit stops with open areas, to prevent accidents or the need to convince your pup to do their business in a parking lot.

2. Practice travel adjustments in advance

Have a long car ride ahead for your cat? Not sure how your dog will handle the crate during holiday dinner?

- Start early, and slowly expose your pet to new activities they may find distressing.

3. Find pet-friendly accommodations before you travel

Whether you're staying with family, friends or at a hotel—make sure your pet is welcome too. This might seem like a given, but nobody likes unhappy surprises over the holidays!

- Do some research in advance to find the right fit: not all hotels accept pets, and not all family homes are ideal for your pet.

4. Remind yourself, and your loved ones, what to avoid feeding your pet

Those puppy dog eyes can be persuasive, but too many table scraps can wreak havoc on your pet's digestive system.

- Remind your friends, family, and yourself that fatty foods, holiday sweets, and bones can be unhealthy, and even dangerous, for pets.

5. Prepare for emergencies

In the unlikely event of an emergency, will you be ready to protect your pet?

- Come prepared with all necessary medications, first aid supplies, and the contact information for a local emergency veterinarian wherever you travel. Remember to bring food and plenty of water!

6. Create a "safe space" for your pet

Navigating new territory can be frightening for your pet. Pack your dog's favorite toy and blanket, or your cat's favorite pillow, to build a sense of familiarity in their new space.

- Even social pets can get overwhelmed by the commotion of a holiday gathering so providing a quiet place of refuge is essential.

7. Establish and maintain a temporary routine

Pets rely on the comfort of a daily routine to know their needs are being met. Even if you have to stray from the norm, stick to a schedule for feeding, bathroom breaks, and walks throughout your trip.

- Maintaining a basic routine helps curb anxiety, stress and any potentially aggressive behaviors.

Here's to keeping the holidays merry and bright for both you and your pets
—wherever you travel!