

## List of recommendations when moving with pets

### Before moving

#### Comfort and preparation

- Prepare the right-size carrier or travel crate with ventilation and secure latches.
- Introduce the carrier early with treats and short practice sessions to build positive association.
- Keep familiar scents handy: favorite blanket, bed, and well-loved toys.
- Create a calm environment on packing and loading days; reduce noise and foot traffic.
- Arrange temporary care during loading and unloading: sitter, daycare, or short boarding.
- Ask a veterinarian about calming aids, pheromone diffusers, or pressure vests if appropriate.
- For long-distance trips, pre-book pet-friendly hotels or reputable boarding along the route.
- Do several short car trips to acclimate pets to motion and restraint systems.

#### Veterinarian visit

- Verify vaccinations and microchip details; update registry with current phone and email.
- Request medical records and, if needed, a travel health certificate.
- Refill regular and prescription medications; pack extras for delays.
- Discuss sedation thresholds and non-pharmaceutical stress strategies.
- Request referrals for veterinarians in the destination area.
- Check regional preventives needed at destination (ticks, heartworm, parasites).

#### Purchases and equipment

- Stock 5–7 days of familiar food and treats to avoid gastrointestinal stress.
- Pack bowls, a spill-proof water bottle, and collapsible travel dishes.
- Use collar and harness with ID tag; add a temporary tag with en-route contact.
- Bring absorbent pads, extra towels, pet-safe wipes, and trash bags.
- For the car: seat cover, crash-tested harness or crate, sun shades, window ventilation.
- Include chew toys, slow-feeder, puzzle toys, and a compact first-aid kit.
- For cats: litter box with a lid, litter, liners, scooper, and disposable trays for hotels.

## **Documents and planning**

- Review transport regulations for car, plane, or train; confirm carrier specs and fees.
- Prepare a document pouch: records, health certificate, vaccination proof, recent photos.
- Check destination rules: licensing, breed restrictions, quarantine, HOA or rental policies.
- Reserve a pet's transport spot early; verify holiday or weekend cutoffs.
- Map rest stops with safe relief areas; plan hydration and meal intervals.

## **Moving day**

- Set up a closed, quiet "pet room" with door sign; include bed, water, toys, and litter.
- Assign one adult as the pet supervisor to avoid accidental escapes.
- Use a GPS tracker or AirTag-style device on collar or harness.
- Maintain routine: normal walk times and calm, brief interactions.
- Load pets into vehicle last; never leave them unattended in a hot or cold car.

## **After moving**

## **Comfort and adaptation**

- Designate a calm space first: bed, water, toys, and familiar blanket.
- Keep feeding, medication, and walk schedules consistent.
- Introduce rooms gradually; allow pets to retreat to their safe zone.
- Line up trusted local sitters, daycare, or boarding options.
- Visit nearby parks and plan short, positive neighborhood walks.
- For cats, add vertical surfaces, hiding nooks, and scratching posts.

## **Veterinarian setup**

- Locate the nearest vet and 24/7 emergency clinic; save contacts in phone and on fridge.
- Register with the new clinic and transfer records promptly.
- Schedule a wellness check and update preventives per regional risks.
- Track stress indicators: eating, drinking, grooming, litter habits, and vocalization.
- Prepare an emergency go-bag with meds, records, and a spare leash.

## **Home safety and routine**

- Pet-proof the home: cords, cleaning agents, open windows, small objects, toxic plants.

- Identify safe walking routes and fenced areas; learn local leash laws.
- Place bowls, litter boxes, and play areas in consistent, low-traffic spots.
- Update address on microchip registry, tags, licenses, and prescriptions.
- Register per local rules; confirm HOA or building pet policies.
- Locate nearby pet stores, groomers, trainers, and reputable walkers.
- Support long-term adjustment with enrichment: puzzle feeders, training sessions, new toys.

### Extra pro tips

- Keep a “pet essentials tote” accessible: 72 hours of food, water, meds, and cleanup supplies.
- Use calming soundscapes or white noise during packing and first nights.
- Practice short alone-time sessions in the new home to prevent separation stress.
- Consider a temporary baby gate or playpen to manage doorways and movers’ traffic.
- Log bathroom breaks and water intake on travel days to spot issues early.



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