

## Top Tips for Travelling with your Dog

### Car Journeys

- **Take plenty beddings/beds from home** as dogs use sense of smell to help form familiar memories for comfort.
- **Make sure you take plenty breaks while driving** to allow for 'pee stops' and exercise for your puppy/dog. This is very important when travelling on hot days!
- **Build up your dogs travel tolerance gradually** – start by getting them used to the car in general, then round the block, then round the outside of town and gradually increase the distance from there.
- **Have a Kong™, Lickimat™, Snufflemat™ or small treats available for them on their journey** to provide them with mental stimulation and help associate car journeys with nice treats! Be very careful that they will not choke on what you give them. This tip wouldn't be advisable for pets with travel sickness.
- **Adaptil™ 'Transport' spray**, which replicates the pheromones produced by mother dogs to their puppies.
- **Have someone sit with your puppy/dog** if this is their first long road trip, have a member of the family travel in the back seat to keep an eye on your dog as you go.
- **Play some relaxing music** on the radio, to block out any engine noises that may be worrying your dog.
- **Travel sickness** – if you know your dog has problems with travel or motion sickness, consult your vet before travelling. No pet likes to associate car rides with feeling sick!

### Calming dogs in new surroundings

- **Take a familiar bed for them to sleep in** as dogs use sense of smell to help form familiar memories for comfort.
- If your dog is very food-driven, **use scent games or food games** in the rooms to help them settle. Hide pieces of their favourite treats for them to find to build up fun associations with the building.
- **Take their favourite toys!** Always bring your pets favourite toy or ball to play around with for familiarity.
- **Explore different areas of the grounds.** Take time to explore and stop to 'watch the world go by' while rewarding your dog when they remain calm at new events.
- **Try to keep to familiar routines.** If your dog has a 'usual' bedtime or feeding routine, try not to change it too much when on holiday.

### Planning walks and activities

- **Ask the hotel staff for recommendations or leaflets.** They may have dogs themselves and know some great walks or activities to do with your dog.
- **Be aware of the temperatures!** Don't take your dog out in the hottest points of the day, if you can't keep the back of your hand on the pavement for more than 5 seconds DO NOT walk your dog.
- **Take some of your dog's favourite 'special' treats,** especially if you are having picnics.
- **Take plenty poo bags, water bowls and pet supplies** for your outdoor adventures! Just to make sure you're not caught short.
- **Check out 'Dog Furiendly'** for dog-friendly recommendations. This website will tell you about walks, cafes and sights to see that are dog-friendly in the area.

### **What to pack**

- Plenty poo bags
- Favourite treats
- Normal diet for meals
- Favourite toys
- Own bed/blankets
- Any medications required