

PEACE OF MIND PET CARE CHECKLIST

*Everything your pet needs
while you're away*



THE RIGHT CARER

- Consider options eg boarding, daily visits, overnight stays
- Someone who loves animals, especially yours!
- Someone you can trust, who is responsible and has experience caring for your species of animal
- Nominate a back up carer in case the sitter is not available at some point during the stay, ideally someone your pet has met before and likes and who is close by.
- Trial period if your pets haven't been cared for by your sitter before to assess compatibility. Overnight trial if pet sitter is going to be staying overnight.
- Familiar consistent routine.
- Energy healing whilst you're away.
- Check in regularly.
- Manage your own stress in the lead up to your trip. Serenity can be helpful.

PLENTY OF FOOD

SAFE SPACE

- Explain to your pet that you're going away, for how long, who will be looking after them. Option to hire an animal communicator as well.
- Flower essences to ease stress and worry eg Safe & Secure, Serenity.
- Familiar scents and sounds.
- Maintain your pet's usual diet to minimise stress - consistency is important.
- Ensure there is plenty of food that your pet enjoys. If not able to do this, provide clear details of where to source your pet's food.
- Arrange for additional food deliveries if necessary.
- Purchase extra food containers if you home prep your pet's meals to ensure there are enough home prepped meals.
- If your pet can be finicky with their food, provide meal options and / or simplify feeding if necessary to ensure your pet eats whilst you're away.



CLEAR INSTRUCTIONS

- Written / video or audio recordings / photos.
- Food - meals and snacks.
- Extreme weather eg storm protocols.
- Health concerns / dietary restrictions.
- Supplements / medicines with clear dosage and administration details.
- Contact details for you and emergency contacts eg back up carer, vet, friend or family member if you're not contactable at any point.
- Your pet's behaviours, body language, needs, sensitivities, motivations, specific triggers for stress, fear or anxiety and how the sitter can help
- Exercise routines including how often, walking routes, favourite dog park, any concerns being out in public.
- Favourite toys.
- House rules, including whether pets allowed on furniture, anywhere they're not allowed, outside time.
- Advise other responsibilities eg plant watering, bin days, cleaning.
- If your pet sitter isn't familiar with the area, list vet, emergency vet, shops etc.

- Demonstration before you leave.
- Provide a tour of your home, including your pet's spaces, where your sitter will be sleeping, how things work, where things are kept.
- Give keys and instructions for locating any spare keys. If new keys cut, make sure they work before you leave.
- How to use household tech, including WiFi with login details.
- Cleaning tips and supplies for general cleaning of your home plus how to handle messes like vomiting or other accidents.

EMERGENCY DETAILS

- Back up carer's contact details.
- Vet details - contact and location for regular vet and emergency vet.
- Insurance information.
- Medical records / history.
- Contact details for you, including a suitable messaging service eg WhatsApp.
- Your itinerary.
- Contact details for a friend or family member if you're not available.

have a safe trip!

Notes:

Brought to you by:



Your Holistic Animal Care Mentor

Naturopathy, Nutrition, Plant Medicine, Energy & Spirituality

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