



Pre-Travel Checklist

1. CAT'S HEALTH & DAILY NEEDS

- Has your cat had a recent vet check? (Address any minor issues before travel)

Food & Hydration:

- Food type, exact portion per meal, and feeding schedule.
- Water source: Tap, filtered, or bottled?

Medication & Supplements:

- Detailed schedule, dosage, and administration method.

Routine & Comfort:

- Favourite toys, games, and typical playtime.
- Usual hiding spots or favourite sleeping places.
- Typical daily habits and rhythm.

2. BEHAVIORAL CUES & STRESS SIGNS

- Are there any specific physiological or psychological concerns for your cat while you're away?
- What are your cat's unique signs of stress? (e.g., hiding more than usual, changes in vocalization, loss of appetite, inappropriate elimination).



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3. EMERGENCY PREPAREDNESS

- Local Emergency Contact: Name and number of a trusted local friend or family member.

Veterinary Details:

- Your primary vet's name, clinic, and phone number.
- Your preferred 24-hour emergency veterinary clinic in Hong Kong.
- Ensure your cat is registered at these clinics.
- Confirm cat carrier is accessible and assembled.

4. HOME PREPARATION FOR DEPARTURE

- Ensure I have the correct key/door code, security notified.
- Leave out a recently worn item (like a t-shirt) with your scent in your cat's favourite area.
- Plan a Calm Goodbye: Keep your departure low-key.
- Avoid emotional, lengthy goodbyes which can transfer nervous energy to your cat.

With this checklist complete, you can travel with confidence.

Ready to discuss a personalized care plan?

My Complimentary Meet & Greet Consultation is designed to cover every point on this list for your specific cat and home.

Contact me to schedule yours:

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