

# DIY (Do-It-Yourself) Insider Preparation Guide

*DIY travel puts you in charge of every transition—especially stops, loading and unloading, and managing comfort on the road. Preparing your pet for calm restraint and predictable routines reduces stress and helps prevent the most common travel-day surprises.*

*Inside you'll find simple, effective steps to prep like a pro—from restraint practice and route planning to travel-day routines.*

**For educational purposes only.** Road conditions, lodging policies, and travel safety needs may vary by route, season, and your pet's individual needs.

## Quick Pack List

### Identification & Documentation:

- Secure collar/harness + ID tag
- Microchip number + registry (if known)
- Health Certificate (CVI), if required for destination
- Vaccination records, if required for destination
- Emergency vet info (destination + along route)
- Pet Profile sheet + one clear recent photo (saved on phone)

### Your Pet Profile

- Full name, age, species, breed, weight
- Temperament notes (timid/reactive)
- Handling notes (touch-sensitive, door-darter, shy with strangers)
- Leash behavior (pulls, freezes, reactive, calm)
- Potty cues or habits
- Any medical considerations or mobility limits
- Emergency contact

### Personal Items:

- Secured restraint plan (crash-tested harness/seatbelt or travel crate)
- Well-fitting harness + leash (leash on before door opens)
- Pre-portioned meals for travel + 1 extra meal/day (labeled)
- Water + bowl + extra bottle (small sips at stops)
- Any prescribed meds (original bottle + written schedule)
- Absorbent pads + wipes + trash bags (easy clean-ups)
- Towel + enzyme cleaner (quick mess control)

## 7-10 days before travel

### Car Safety Setup + Practice Sessions

The goal is 'secure and boring' - practice the exact setup you will use on travel day.

- Choose: secured crate OR crash-tested harness/seatbelt (no free-roaming)
- Do 2-3 short drives (5-15 minutes) to build routine
- Practice calm loading (leash on → load → reward calm)
- Teach a brief 'wait' at the car door to prevent bolting
- Test your restraint setup before travel day (fit + comfort)

**Insider tip:** Practice one stop in a parking lot - most DIY escapes happen at stops, not on the highway.

### Route Planning Like a Pro

Good DIY trips are planned trips—reduce problems before they happen.

- Map stops every 2-4 hours (more often for puppies/seniors)
- Book pet-friendly lodging in advance (know fees + rules)
- Save contact info for 1–2 emergency vet options along the route
- Plan feeding so the last full meal is not right before a long drive

**Insider tip:** Screenshot reservations and key addresses - cell service disappears exactly when you need it.

### Paperwork + Documentation

DIY means you are the logistics team - keep documents accessible and backed up.

- Confirm whether a Health Certificate (CVI) is required for your route
- Keep vaccination records and any vet notes in one folder
- Save digital copies on your phone (and email to yourself as a backup)

**Insider tip:** Store documents where you can reach them without unloading the car - quick access matters at stops.

### Noise + Motion Acclimation

Helps reduce startle responses and motion stress on long drives.

- Play low-volume road noise during meals/rest and increase slowly
- Practice calm car time (parked first), then short quiet drives
- Keep sessions short and end on a calm moment
- Avoid hype — calm is the goal

**Insider tip:** Pair road sounds with rest so your pet learns 'noise = settle,' not 'noise = excitement.'

## 48-72 hours before travel

### Grooming + Comfort

Small comfort steps prevent big irritations on the road.

- Light bath 1-3 days before travel (not same-day)
- Brush out tangles/mats (collar area, armpits, hips)
- Trim nails to reduce slipping during transport

**Insider tip:** Pack a towel and spare pee pad—two simple items that solve a lot of problems fast.

### Prep Food + Meds Like a Professional

Predictable food prevents the #1 DIY travel issue: GI upset.

- Stick to normal food (avoid new treats/toppers/chews)
- Pre-portion meals as 'Meal 1 / Meal 2 / Meal 3' with simple instructions.
- Keep meds in original bottles + written schedule
- Pack 1 extra labeled meal (and extra doses if applicable)

**Insider tip:** Label meals by 'Meal 1/Meal 2' - it stays accurate even if driving times shift.

### Health Check

Catching changes early prevents long-road stress and emergency detours.

- Notify your vet if you notice vomiting, diarrhea, lethargy, coughing/sneezing, discharge
- Confirm any meds plan in advance (dose, timing, with/without food)
- Do not introduce new meds/supplements in the final 72 hours without vet guidance
- If motion sickness is a concern, ask your vet about options BEFORE travel day

**Insider tip:** The day before travel, note baseline appetite/stool/energy so you spot changes fast.

### Light Activity, Not Overstimulation

A calm pet travels better than an exhausted, overstimulated one.

- Normal walk and sniff time is ideal
- Avoid intense exercise or stressful outings the day before travel
- Keep the evening before travel quiet and routine

**Insider tip:** Sniff breaks at stops regulate nerves - better than trying to 'wear them out.'

## Day of travel

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### Make loading calm and predictable

In DIY travel, you control every transition. Keep your loading steps consistent and unhurried.

- Potty break right before loading
- Load in a quiet area (avoid busy parking lots)
- Avoid a heavy meal right before driving (lighter earlier is often better)
- Avoid sedation unless vet-directed and pre-discussed

**Insider tip:** Clip the leash before any door or gate opens—most DIY escapes happen in that 2-second gap.

### Do a Quick ID + Safety Check

A final check helps prevent problems at stops and during transitions.

- Harness/collar fitted correctly + ID attached
- Restraint system secure (crate strapped or seatbelt clipped properly)
- Microchip info current (if applicable)
- Share one clear recent photo for quick ID confirmation

**Insider tip:** Keep a slip lead within arm's reach at every stop—if a clip fails or your pet backs out, it's the fastest backup.