

# Flight Nanny Services

## Insider Preparation Guide

*A smooth flight day starts long before the airport. Even with a Flight Nanny handling the travel portion, preparing your pet for carrier time, busy surroundings, and quick transitions can make the difference between a stressful trip and a settled one—while helping prevent last-minute delays and stressors.*

*This guide walks you through what to do in the days leading up to travel so your pet is ready for a flight nanny journey.*

**For educational purposes only.** Airline rules, screening procedures, and day-of timing can vary by airline, airport, route, and season.

### Quick Pack List

#### Identification & Documentation:

- Secure collar/harness with ID tag
- Microchip number + registry (if known)
- Health Certificate (CVI), if required
- Vaccination records, if requested
- Written care instructions (feeding + meds + potty cues)

#### Personal Items:

- Well-fitting harness + Leash
- Airline-approved carrier (confirm who provides it + correct size)
- Pre-portioned meals + 1 small “delay portion” (labeled)
- Any prescribed meds (original bottle + written schedule)
- 2–3 absorbent pads/liners + 1 spare
- One small comfort item (washable blanket/toy with home scent)

#### 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
- Your contact info + receiver contact info + backup number

## 7-10 days before travel

### Carrier Familiarity (Real-World Reps)

For first-time flyers, the carrier routine matters more than the flight itself.

- Feed a few meals in the carrier (door open first)
- Close the door briefly (10-30 sec) and build slowly
- Practice lifting/carrying the closed carrier for 5-10 seconds
- Do one short 'practice trip' with the carrier buckled/secured (once calm)

**Insider tip:** Practice the zipper/door sound - open/close quietly while giving a treat so the sound predicts calm.

### Airport Handling (TSA-Style Practice)

Security transitions are where pets get startled - practice makes it boring.

- Practice calm leash on/off and short "stand still" reps
- Practice a brief "hold and settle" routine (2-3 seconds, calm reward)
- Gently handle paws/ears briefly (2-3 seconds) and reward calm
- Play airport sounds quietly during rest (rolling bags, announcements)
- Practice calm waiting in public (quiet first → moderately busy) for 2-3 minutes at a time (cats or unvaccinated pets: protect from exposure—keep off the ground or in a carrier)

**Insider tip:** Teach a simple 'touch' cue (nose to

### Paperwork + Documentation

Flights are detail-driven - mismatched names or dates can cause delays.

- Confirm whether a Health Certificate (CVI) is required
- Confirm the valid date window (CVI timing can be strict)
- Verify your pet's name matches across all documents
- Double-check destination details (airport/city/state)
- Confirm receiver contact info + backup number (best phones)
- Save photo backups on your phone (docs + Pet Profile)
- Keep printed documents together in one labeled folder/envelope

**Insider tip:** Print two copies - one for travel day, one kept at home as a clean backup.

### Noise + Motion Acclimation

hand) - it's a fast reset when your pet feels unsure.

This helps your pet stay calmer through carts, crowds, and cabin noise.

- Play low-volume travel sounds during meals/rest (start low)
- Increase slowly over several days
- Do calm car time (parked first), then short quiet drives
- End sessions before stress builds

**Insider tip:** Pair sounds with rest - not play - so noise becomes a settle cue, not a hype cue.

## 48-72 hours before travel

### Grooming + Comfort

Comfort matters in a carrier—small irritations can create restless behavior.

- Light bath 1-3 days before travel (not same-day)
- Brush out mats/tangles (collar area, armpits, hips)
- Trim nails to prevent snagging on carrier fabric

**Insider tip:** Skip major grooming changes right before flight - new sensations can make settling harder.

### Prep Food + Meds Like a Professional

Simple, predictable food prevents most travel-day stomach issues.

- Stick to normal food (avoid new treats, toppers, or chews)
- Pre-portion meals (Meal 1 / Meal 2) with simple written instructions
- Keep meds in original bottles + written schedule
- Avoid new calming supplements in the final 72 hours without vet guidance

**Insider tip:** Pack a few familiar treats in a small zip bag for calm rewards during transitions.

### Health Check

If anything changes, it's better to know early than at the airport.

- Notify your transporter ASAP for vomiting, diarrhea, lethargy, coughing/sneezing, discharge
- Share any vet instructions ahead of time (dose, timing, with/without food)
- Do not introduce new meds/supplements in the final 72 hours without vet guidance
- If meds are approved, share name + dose + schedule before travel day

**Insider tip:** Avoid sedation unless your veterinarian specifically recommends it. Sedatives can affect balance and breathing, and some travel plans/providers don't allow them—keep medication decisions vet-guided.

### Light Activity, Not Overstimulation

A calm nervous system travels better than an exhausted, overstimulated one.

- Normal walk and sniff time is ideal
- Avoid big outings and high-arousal play the day before travel
- Keep greetings and routines low-key

**Insider tip:** Sniff time lowers arousal quickly - think 'calm and curious,' not 'worn out.'

## Day of pickup

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### Set your pet up for a calm handoff

Airport days amplify energy—keep the handoff quiet and predictable.

- Potty break shortly before handoff
- Keep the environment quiet (no crowd/no hype)
- Avoid heavy meal right before travel (lighter earlier is often better)
- Avoid sedation unless vet-directed and pre-discussed

**Insider tip:** Have everything staged and ready—less waiting = less stress.

### Do a Quick ID + Safety Check

A final 60-second check prevents carrier issues and confusion.

- Carrier labeled (pet name + destination + contact number)
- Harness/collar fitted correctly + ID attached
- Microchip info current (if applicable)
- Documents easy to access (not buried)
- Share one clear recent photo for quick ID confirmation

**Insider tip:** Place a printed contact card in the carrier pocket (or taped in a clear sleeve, if allowed).