

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	Prep Food + Meds Like a Professional
<p>Comfort matters in a carrier—small irritations can create restless behavior.</p>	<p>Simple, predictable food prevents most travel-day stomach issues.</p>
<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • 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
<p>Insider tip: Skip major grooming changes right before flight - new sensations can make settling harder.</p>	<p>Insider tip: Pack a few familiar treats in a small zip bag for calm rewards during transitions.</p>
Health Check	Light Activity, Not Overstimulation
<p>If anything changes, it's better to know early than at the airport.</p>	<p>A calm nervous system travels better than an exhausted, overstimulated one.</p>
<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • Normal walk and sniff time is ideal • Avoid big outings and high-arousal play the day before travel • Keep greetings and routines low-key
<p>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.</p>	<p>Insider tip: Sniff time lowers arousal quickly - think 'calm and curious,' not 'worn out.'</p>

Day of pickup

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).