

# Travelling with cats & dogs



There are many reasons why your pet may need to travel, yet some pets may find the process incredibly stressful. Follow our tips to help make travel a more pleasant experience for you and your pet.

## Top tips for travelling with pets:

- ✔ Prepare your journey in advance, including break stops for long journeys.
- ✔ Allow your pets to toilet before the journey.
- ✔ Familiarise your pet with their travel environment (the car) with positive rewards such as treats whilst the engine is off and the car is stationary.
- ✔ Make sure dogs are secure (seat belt harness, carriers, crates, dog guards). You can refer to Rule 57 of The Highway Code.
- ✔ Make sure cats and small pets are in secure carriers.
- ✔ Use thick bedding to absorb vibrations and increase your pet's comfort.
- ✔ Start with short journeys to allow your pet to become acclimatised.
- ✔ Drive smoothly and safely.
- ✔ Make sure your pet doesn't overheat and never leave them in the car alone.
- ✔ Always carry plenty of water and have water bowls, even for short journeys.
- ✔ Consider ramps for older pets to make sure access is easy for them.
- ✔ Don't let your dog ride with their head out of the window, this can be very dangerous.



## Travelling abroad with your pet?

Taking your pet abroad is likely to be more stressful for your pet than short journeys in the UK. They may need to travel on trains, ferries or planes. It is important to consider the impact of this on your pet and if it is suitable to travel abroad with them. It is always recommended to consult your vet at least six months in advance to discuss if your pet is fit to travel, and also to allow time to research the additional legal requirements involved in travelling with pets abroad.

More information can be found on the government website: [www.gov.uk/taking-your-pet-abroad](http://www.gov.uk/taking-your-pet-abroad)





# Support behavioural balance

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## Prevention is key!

It is important to get your pet used to travelling from a young age. For pets that have developed worry around travel, all is not lost and there are steps that can be taken to help! Behavioural training is important to help combat the issue, as it can help reframe your puppy or kitten's attitude towards travel, thereby reducing the feelings of anxiety.

## Speak to your vet

Always speak to your vet to check your pet's physical health (particularly in older cats or dogs) and to discuss any concerns you may have. They will be able to suggest further measures to help with your pet's anxiety.



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