

# **Dog Emergency Checklist**



## **Food and Water**

**3–7 days of dog food (dry or wet)**

**Collapsible food and water bowls**

**1 gallon of water per day (small dogs may need less; large dogs may need more)**

## **Shelter Needs**

**Portable, durable crate or kennel with bedding**

**Insulating blanket for warmth or shade cloth for heat**

**Waste bags and odor-proof storage for disposal**

## **Care Instructions**

**Routine feeding schedule and food portions**

**Contact information for the dog's vet and any ongoing health needs**

**Copies of vaccinations, medications, and medical history**

## **Transportation Tips**

**Secure harness and leash with a back-up option**

**Crate/kennel label with owner's contact information**

**Ensure the dog is crate-trained and comfortable in confined spaces for travel**

## **Specific Requirements**

**Calming treats or toys to reduce stress**

**Extra leashes, collar with ID tag, and any required medications**

**Muzzle, if necessary, for nervous or reactive dogs**

# Dog First Aid Cheat Sheet



## Wound Care and Bleeding

Clean wounds with saline or clean water, avoiding hydrogen peroxide.

Apply pressure with a clean cloth for bleeding, then cover with a sterile bandage.

Watch for signs of infection (redness, swelling).

## Poisoning (Common from Foods or Plants)

Call the vet or pet poison control if ingestion is suspected.

Induce vomiting only if advised by a professional.

Keep activated charcoal on hand as directed by your vet.

## Insect Stings and Bites

Check for stinger and remove gently with tweezers if visible.

Apply a cold compress to reduce swelling.

Monitor for signs of an allergic reaction (swelling, hives, difficulty breathing).

## Heatstroke or Hypothermia

For heatstroke: move to a cool place, apply cool (not cold) water to the body, and offer small sips of water.

For hypothermia: wrap in warm blankets, avoiding direct heat.

Warm slowly and monitor.



### **Paw Injuries (Common from Burns or Cuts)**

Rinse with cool water to clean.

Apply a sterile pad or gauze to cover the wound.

Avoid allowing the dog to walk on hot surfaces or ice.

### **CPR Procedure**

Positioning: Lay the dog on its right side on a flat surface.

Clear Airway: Gently extend the head and neck to open the airway. Check for obstructions and remove anything blocking airflow.

Rescue Breaths: Close the dog's mouth, and place your mouth over its nose, creating a seal. Give two breaths, watching for chest rise.

Chest Compressions:

Place your hands over the widest part of the chest (for large dogs).

Compress firmly but gently, 30 times at a rate of 100-120 compressions per minute.

For smaller dogs, use one hand or two fingers to compress gently, as their chests are more delicate.

Repeat: Continue cycles of 30 compressions and 2 breaths until the dog begins breathing or help arrives.

# **Dog Enrichment Activities Cheat Sheet for Stress Relief**



## **DIY Toys and Games**

**Treat Puzzle:** Place treats inside a muffin tin, cover each hole with a tennis ball, and let your dog figure out how to remove the balls to access the treats.

**Frozen Treats:** Freeze peanut butter, broth, or small treats in a Kong or other hollow toy to keep your dog busy for an extended time.

**Snuffle Mat:** Hide kibble or treats in a homemade snuffle mat (a fabric mat with strips where food can be tucked) to encourage foraging.

## **Exercises and Activities**

**Hide and Seek:** Have your dog sit, hide somewhere in the house, and call them to find you. This builds focus and provides mental stimulation.

**Interactive Fetch:** Throw a ball, but mix in commands like “sit” or “wait” before releasing them to fetch, adding mental engagement to physical exercise.

**Short Obstacle Course:** Set up a basic indoor course using furniture or safe objects for jumping, crawling, and weaving.

## **Stress-Relief Techniques**

**Calming Music:** Play soothing music designed for dogs (e.g., classical or slow-paced tunes) to help reduce anxiety.

**Scent Work:** Place a familiar item (like a worn shirt) in their resting area for comfort.

**Gentle Massage:** Use slow, gentle strokes on their back and neck to calm their nerves.

# Dog Evacuation Route Planner Cheat Sheet



## 1. Evacuation Route Planning

Primary Route: \_\_\_\_\_

Alternative Route: \_\_\_\_\_

Rest Stops with Pet Areas: \_\_\_\_\_

Notes for Dog-Friendly Pit Stops (e.g., rest areas, parks):  
\_\_\_\_\_

## 2. Pet-Friendly Accommodations

### Pet-Friendly Hotels:

Hotel Name: \_\_\_\_\_

Location: \_\_\_\_\_

Phone: \_\_\_\_\_

Hotel Name: \_\_\_\_\_

Location: \_\_\_\_\_

Phone: \_\_\_\_\_

### Boarding Facilities Nearby:

Facility Name: \_\_\_\_\_

Location: \_\_\_\_\_

Phone: \_\_\_\_\_

### Pet-Friendly Shelters:

Shelter Name: \_\_\_\_\_

Location: \_\_\_\_\_

Contact: \_\_\_\_\_

## 3. Veterinarian and Emergency Contacts

Primary Veterinarian: \_\_\_\_\_ | Phone: \_\_\_\_\_

### Emergency Vet in Evacuation Area:

Clinic Name: \_\_\_\_\_ | Location: \_\_\_\_\_ |

Phone: \_\_\_\_\_

24-Hour Emergency Contact: \_\_\_\_\_ | Phone: \_\_\_\_\_

## 4. Additional Notes and Special Needs

Special Care Needs (medications, diet): \_\_\_\_\_

Backup Dog Supplies Locations (pet stores en route): \_\_\_\_\_

Emergency Contacts for Dog Care (friend/family): \_\_\_\_\_

# **Dog Emergency Go-Bag Checklist**



**Bag Recommendation: Durable backpack or small duffel for portability.**

## **Food and Water**

**3–7 days of dry or canned dog food in airtight containers**

**Collapsible food and water bowls**

**1 gallon of water per day for larger dogs; adjust as needed for size**

**Treats for reward and comfort**

## **First Aid Supplies**

**Gauze, bandages, and vet wrap**

**Pet-safe antiseptic wipes or solution**

**Tweezers for tick removal**

**Disposable gloves**

**Any required medications, labeled and stored in a waterproof pouch**

## **Comfort Items**

**Blanket or small bed for warmth and security**

**Favorite toy or chew item to reduce stress**

**Calming sprays or treats if needed**

## **Waste Management**

**Dog waste bags in a compact roll**

**Small trowel for waste burial if necessary**

**Portable disinfectant wipes**

## **Identification and Documents**

**Collar with ID tag and microchip information**

**Copy of vaccination records, medical history, and emergency contacts**

**Recent photo of the dog in case of separation**

**Leash and backup harness in case one breaks**

# **Dog Long-Term Shelter and Care Setup Checklist**



## **Shelter Essentials**

**Secure Space:** Set up a secure room, crate, or enclosure to keep the dog safe and contained.

**Ventilation:** Ensure the area has good airflow. If indoors, use fans or open windows safely. If outdoors, use a sturdy shelter that provides shade and protection.

**Temperature Control:** For warmth, use blankets, straw bedding, or a dog-safe heating pad if possible. For cooling, provide shaded areas and a cool, damp cloth for resting.

## **Food Storage**

**Dry Food:** Store in airtight containers to prevent spoilage or pest infestation. Rotate stock every few months.

**Water Supply:** Maintain a supply of at least one gallon per day per dog, stored in a cool, dark place.

**Feeding Supplies:** Keep collapsible bowls for feeding and water. Rotate bowls regularly for cleanliness.

## **Waste Management**

**Waste Bags:** Stock up on biodegradable waste bags or plastic bags for disposal.

**Sanitary Disposal:** Have a designated area for waste disposal or, if outside, dig a shallow pit away from the shelter area to prevent contamination.

**Disinfectants:** Keep pet-safe disinfectant wipes or sprays to clean any indoor areas if necessary.

## **Enrichment and Mental Stimulation**

**Toys:** Keep a variety of durable toys, such as chew toys and interactive toys.

**Exercise Routine:** Create a walking path if space allows, or designate an outdoor space for regular exercise.

**Training Activities:** Use basic training commands and obedience activities to keep the dog mentally engaged and reduce stress.

# Training and Desensitization Cheat Sheet for Dogs in Emergencies



## 1. Sound Desensitization

Help your dog stay calm during loud or unexpected noises, such as sirens, alarms, or explosions. Gradually introduce these sounds at low volumes, and use positive reinforcement to keep your dog calm.

### Sirens

Play recordings of sirens at a low volume while rewarding your dog with treats for staying calm.

Gradually increase the volume over a period of weeks, always rewarding calm behavior.

Practice in different locations to generalize the response.

### Alarms

Use a fire or smoke alarm recording, starting at a very low volume.

Reward calmness with a favorite treat or toy and praise.

Increase the volume gradually over time, repeating this exercise to build familiarity.

### Loud Bangs or Thunder

Start with low, gentle clapping or dropping an object from a safe distance.

Reward your dog for remaining calm.

Over time, increase the sound level slightly (using recordings if possible) until your dog can handle louder sounds without panicking.

## 2. Obedience Commands

Basic commands can help you control your dog in an emergency. Make sure your dog responds well to these commands in calm settings before practicing in environments with distractions.

### Sit

Teach your dog to sit by holding a treat above their head until they naturally sit.

Reward immediately when they sit and reinforce with the “sit” command.

Practice this in various locations, building reliability even with distractions.

### Stay

Start by having your dog sit, then take a step back while saying “stay.”

Gradually increase the distance and duration, rewarding your dog for staying in place.

Practice this until your dog can stay reliably, even with moderate distractions.





## **Come**

Begin in a quiet, enclosed area, and call your dog by saying “come” while holding a treat or favorite toy.

Reward immediately when they reach you.

Practice in different areas and eventually with mild distractions, reinforcing that they should come every time you call

## **3. Socialization Tips**

Socialization helps reduce a dog’s anxiety around new people and animals, which can be crucial if you need to interact with emergency personnel or other animals in a shelter or evacuation setting.

### **Meeting New People**

Practice calm greetings by having people approach slowly. Reward your dog for calm behavior and ignoring the visitor until invited to interact. Introduce your dog to people in different settings (indoors, outdoors, quiet and busy environments) to increase adaptability.

### **Being Around Other Dogs and Animals**

If safe to do so, gradually expose your dog to other animals in controlled environments.

Reward them for calm behavior and controlled interactions.

Use positive reinforcement for ignoring other animals and staying focused on you.

### **Handling Practice**

Accustom your dog to being touched in various ways, especially areas like paws, ears, and mouth, as emergency handlers may need to examine these.

Use treats and calm praise to reinforce calm behavior during handling exercises.

Practice with different people, if possible, so your dog learns to accept handling from others.

#### **4. Emergency Equipment Familiarization**



Help your dog become comfortable with emergency gear, such as carriers, leashes, and harnesses. This training ensures they remain calm if you need to secure them quickly.

##### **Crate Training**

Place treats inside the crate and let your dog explore it at their own pace.

Praise them when they go inside.

Gradually increase the amount of time they spend inside, closing the door briefly and opening it right away to build comfort.

Aim for your dog to stay calm in the crate for extended periods if needed.

##### **Harness and Leash Training**

Practice putting on the harness and leash calmly. Reward your dog with treats and praise.

Get them used to moving with you on the leash, and practice moving quickly in case an emergency requires swift movement.

Reinforce calm behavior when wearing the harness in different environments, such as busy areas or in the car.

#### **5. Practicing Emergency Scenarios**

To help your dog adjust to the idea of an emergency response, periodically run through mock emergency scenarios that incorporate all these training exercises.

##### **Quick Crate or Carrier Entry**

Time how quickly you can get your dog into their crate or carrier without stressing them.

Practice rewarding them for entering quickly and calmly.

##### **Emergency Recall**

In a secure, enclosed space, practice calling your dog from a distance as quickly as possible.

Reward them heavily for coming immediately, reinforcing the importance of the command.

##### **Evacuation Drill**

Run a full drill with your dog where you pack up essentials, use a leash or harness, and lead them through an exit route.

Keep them focused on you, and reward them for following calmly.