

# **Cat Emergency Checklist**



## **Food and Water**

**3–7 days of dry or canned cat food**  
**Collapsible food and water bowls**  
**1 gallon of water per day**

## **Shelter Needs**

**Secure, portable carrier with proper ventilation**  
**Blanket or towel for comfort and warmth**  
**Litter box with litter (compact, disposable if possible) and scoop**

## **Care Instructions**

**Feeding schedule and amounts**  
**Contact details for veterinarian, medications, and vaccination records**  
**Any special dietary or medical needs**

## **Transportation Tips**

**Secure, escape-proof carrier labeled with contact information**  
**Cover carrier with a towel or cloth to reduce visual stress**  
**Familiar blanket or bedding for comfort in transit**

## **Specific Requirements**

**Calming sprays (like Feliway) to reduce anxiety**  
**ID collar and microchip information**  
**Favorite toy or blanket to reduce stress**

# Cat First Aid Cheat Sheet



## **Wound Care and Bleeding**

Rinse with saline solution, and gently press to stop bleeding with a clean cloth.  
Apply a small amount of antibiotic ointment if available.  
Avoid bandaging as cats may chew at it.

## **Toxin Ingestion (Common from Plants or Household Cleaners)**

Contact a vet immediately if toxin ingestion is suspected.  
Avoid inducing vomiting unless advised.  
Keep activated charcoal on hand under vet guidance.

## **Urinary Blockages (Common in Male Cats)**

Symptoms include straining, frequent trips to litter box, or pain when urinating.  
Transport to the vet immediately; urinary blockages are an emergency.  
Ensure cats have access to clean water to prevent issues.



## **Respiratory Distress (Due to Allergies or Asthma)**

Symptoms include coughing, wheezing, or labored breathing.

Avoid over-stimulation and keep the environment calm.

Take to a vet promptly if distress continues.

## **Heatstroke or Hypothermia**

For heatstroke: Move to a shaded, cool area and offer water.

For hypothermia: Wrap in warm blankets in a quiet space, warming gradually.

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



## **DIY Toys and Games**

**Paper Bag Hideaway:** Place a paper bag on its side and let your cat explore, hide, and pounce.

**Sock Toy:** Fill an old sock with catnip or a crinkly material, tie it off, and let your cat bat and chase it.

**Wand Toy:** Attach feathers, string, or fabric to a stick to create a wand toy that mimics prey movement.

## **Exercises and Activities**

**Laser Pointer Chase:** Use a laser pointer to engage your cat in a chase around the room.

**Climbing Challenge:** Place treats or toys on different levels of a cat tree or shelves to encourage climbing and exploring.

**Interactive Feeder:** Use a puzzle feeder or scatter kibble in different areas to make feeding time a stimulating activity.

## **Stress-Relief Techniques**

**Safe Hiding Spots:** Provide access to small, quiet areas where they can retreat if they feel stressed (e.g., a box or enclosed bed).

**Catnip or Silvervine:** Use catnip or silvervine to create a temporary calming effect, if your cat responds to it.

**Soft Grooming:** Gently brush your cat if they enjoy it, as grooming can be soothing and help reduce anxiety.

# Cat Evacuation Route Planner Cheat Sheet



## 1. Evacuation Route Planning

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

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

Quiet Rest Stops: \_\_\_\_\_

Notes for Cat-Friendly Pit Stops (e.g., pet-friendly rest areas):  
\_\_\_\_\_

## 2. Pet-Friendly Accommodations

### Pet-Friendly Hotels:

Hotel Name: \_\_\_\_\_ | Location: \_\_\_\_\_

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

Hotel Name: \_\_\_\_\_ | Location: \_\_\_\_\_

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

### Boarding Facilities for Cats:

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 (diet, medications): \_\_\_\_\_

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

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

# **Cat Emergency Go-Bag Checklist**



**Bag Recommendation: Sturdy backpack or small duffel; include a secure, collapsible carrier.**

## **Food and Water**

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

**Collapsible food and water dishes**

**1 gallon of water per day**

**Treats or small snacks for comfort**

## **First Aid Supplies**

**Gauze, vet wrap, and pet-safe antiseptic wipes**

**Tweezers and small scissors for minor grooming or removal of foreign objects**

**Medications, if any, stored in a waterproof bag**

## **Comfort Items**

**Small blanket or towel with a familiar scent**

**Calming spray or wipes to reduce stress in new environments**

**Small toy or scratching post to maintain routine**

## **Waste Management**

**Disposable litter box or small tray**

**Lightweight litter in a compact container**

**Waste bags for disposal**

## **Identification and Documents**

**Collar with ID tag and microchip details**

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

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

**Carrier with your contact information attached**

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



## **Shelter Essentials**

**Secure Enclosure:** Provide a quiet, safe room or crate with hiding spots to reduce stress.

**Ventilation:** Ensure fresh airflow in the shelter area. Use fans or open windows, but ensure they are secure.

**Temperature Control:** Add blankets, warm bedding, or heat pads if cold. For hot conditions, use cooling mats and shaded areas.

## **Food Storage**

**Dry Food:** Store in a sealed container to prevent spoilage and keep it pest-free.

**Water Storage:** Keep at least a half-gallon per day per cat, ideally in dark, cool containers.

**Bowls:** Have extra water and food bowls available, rotating them for cleanliness.

## **Waste Management**

**Litter Supply:** Stock up on enough cat litter for at least two weeks, stored in a dry container.

**Disposable Litter Boxes:** Use disposable boxes if space allows, or have extra plastic liners for regular litter boxes.

**Odor Control:** Keep pet-safe deodorizers nearby and clean boxes daily to control smell.

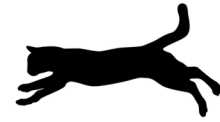
## **Enrichment and Mental Stimulation**

**Scratching Posts:** Set up scratching posts or pads to keep them engaged and reduce stress.

**Toys:** Include interactive toys like small balls, feather toys, and catnip.

**Hide-and-Seek Games:** Use small treats or kibble as rewards in games around the shelter space to stimulate their hunting instincts.

# Training and Desensitization Cheat Sheet for Cats in Emergencies



Goal: Help your cat become comfortable with carriers, handling, and emergency sounds, reducing stress during evacuations.

## 1. Carrier Desensitization

Familiarize: Leave the carrier out at all times so your cat gets used to its presence.

Positive Association: Place treats, toys, or a favorite blanket inside the carrier to encourage exploration.

Gradual Training: Start by closing the door briefly while they're inside, rewarding calm behavior. Gradually increase the time spent in the closed carrier.

## 2. Sound Desensitization

Sirens and Alarms: Play recordings of sirens, alarms, or emergency sounds at low volumes. Reward your cat with treats for staying calm.

Increase Volume: Gradually raise the volume over time, rewarding calm behavior after each session.

Vary Locations: Try playing sounds in different parts of the home to ensure the cat doesn't associate the noise with only one area.

## 3. Handling and Restraint Practice

Routine Handling: Regularly handle your cat's paws, ears, and tail to help them get used to gentle restraint.

Towel Wrap Practice: Practice gently wrapping your cat in a towel (known as the "purrito" technique) to keep them secure in stressful situations. Reward calm behavior.

Transportation Handling: Practice quickly but gently placing the cat in the carrier and transporting them short distances (like around the house or yard) to build tolerance.

## 4. Socialization and Exposure to New People

Calm Greetings: Introduce your cat to new people in a calm environment, rewarding them for curiosity or calm behavior.

Familiar Scents: Use familiar items like a favorite blanket or toy to reduce anxiety when meeting new people, such as emergency responders.