



ARDEN GRANGE

nutrition without compromise

Travelling with Pets

By Ness Bird RVN, Holly Hunt BSc & Val Botting

Introduction

Arden Grange is best known as an ethical UK pet food manufacturer, but the company is unusual in that it also is home to a quarantine and boarding kennels. Due to our experience in importing pets from overseas and our hands on approach to animal care and welfare, we receive many enquiries about travelling with pets.

We hope that this practical advice will be helpful to you whether you wish to:

- Travel with a pet in the UK and Ireland
- Travel with a pet abroad using the PETS scheme
- Import or export your cat or dog due to relocation overseas

Safety First - Restraint

When transporting animals by car, a suitable travel cage, dog guard or seat harness is necessary for dogs, and a strong, secure wire cage for cats and other pets. An unsecured pet can be a dangerous distraction to a driver. In the event of an accident, an unsecured pet is also at much greater risk of being injured, or causing injury to the driver or passengers. It is a legal requirement for all animals to be suitably restrained when travelling in a vehicle.

The Health & Safety of Your Pet

Despite campaigns to try to help prevent tragedy, every year pets continue to die from heat exhaustion, as a result of being left in a hot car with the windows closed. The safest thing is never to leave your pets in the car unattended, and remember that even though it may be overcast when you leave the vehicle, the weather can soon change. If you do need to leave your pet in the vehicle then the safest way is to ensure that he is within a secure cage, crate or carrier so that the windows can be wound down completely. Larger hatchbacks, 4x4s and small vans are ideal if you are planning regular trips with your pet as the rear/side doors can be left open. These vehicles are popular with the showing fraternity as they offer maximum comfort and space for their pets and all their kit.

A dog shouldn't be allowed to travel in a car with its head hanging out of the window. There is a significant risk of injury from stones and debris thrown up by





ARDEN GRANGE

nutrition without compromise

other cars. It can also distract other drivers. If there is any likelihood your dog may try to climb or jump out of the window despite restraint then keep it closed!

Travelling pets should be micro-chipped and fitted with a secure collar and name tag. Engraved tags are preferable to the barrel type which often comes loose.

Cats, dogs and small pets can travel for free on most railways and bus routes, but must be under strict control.

Pets travelling by air or sea will need to be transported according to the regulations of the travel company concerned. Contact their carrier well in advance to make arrangements. If your pet is travelling by air, be sure to check with the airline as to the size and type of the crate that will be needed. A secured water bowl and bedding (most recommend shredded paper) are all that is allowed in with the pet. Other accessories are secured to the top of the crate (including collars and leads for dogs) along with the travel documentation.

If your pet needs to travel by air, you would be well advised to leave all the travel arrangements in the hands of a recommended and experienced Pet Travel / Shipping company. They will be familiar with all the necessary vaccinations and health certificates required. Different countries may have different requirements. They will also be able to provide the correct sized travelling crate for your pet's comfort and security.

Comfort & Hygiene

When preparing for a long journey don't forget your pet's lunch-box as well as your own! He'll also need plenty to drink so make sure you take some bottled water. Spill-proof bowls are ideal for travelling, and there are many ingenious designs. The "Road Refresher" even helps to keep long ears and beards out of the bowl! There are products for every budget ranging from £5-£20. On hot days you could also offer your cat or dog some ice. A meaty broth can also be frozen in ice cube trays and makes for a delicious cooling snack, or you can fill a hollow toy such as a Kong with water or broth (seal the end!) and freeze ready for the journey. Simply remove the plug before you offer it to your dog. Dry food such as the range produced by Arden Grange is the most convenient means of nutrition for your cat or dog on his journey. The food is easy to store, takes up little space and is also hygienic since it is less likely to attract flies and other bugs, plus there is little residue so bowls are easier to clean on the go. If you are very organised, you could even weigh out your cat or dog's meals and store them in plastic takeaway containers which will save time on the journey





ARDEN GRANGE

nutrition without compromise

or at your destination.

If you own a large, deep-chested dog such as the Boxer or Greyhound, and he becomes stressed when travelling, then it is safer not to feed him on the journey. These breeds are unfortunately at a greater risk of bloat, and stress can exacerbate this horrible and often fatal condition. If a meal is imperative at a certain time then dry food is better soaked with a little warm water for about 15 minutes prior to serving (no longer or it may be subject to bacterial growth or fermentation).

Cats will often like to go back and forth to their food, so a small amount of kibble can be placed with them in their travel cage. However, if they are nervous on the trip then they may prefer not to eat. If you have a cat that is known to become very stressed during travel, then it is wise to wait until you reach your destination before offering food. Just like us, some cats and dogs can feel nauseous during a long journey. If this is the case, a meal before-hand is not a good idea. Anti-sickness and/or mild sedative drugs can be prescribed by your vet if you think your pet will need them. Never buy human preparations as these may not be safe for your pet.

Important Note Regarding Air Travel – All handling agents and pet travel agencies advise strongly against any form of sedation on flights as the animals are in the hold and unattended. Responsible airlines will not allow sedated pets to travel. Airlines who do allow sedated pets on board run the risk of heavy fines.

As well as packing food and water, you will also need to take some pet-safe disinfectant, poo bags, wipes and towels for cleaning up any urine or faeces. If your cat has an accident in his carrier – despite the smell – you must weigh up the risks of opening it up to clean it out. If there is any chance of escape, then it is far better to put up with the smell than risk losing your pet. Absorbent fleecy bedding such as Vetbed is ideal. This is not only comfortable, but any wetness will soak through to the underside. Using shredded paper or cat litter granules underneath any bedding will help further absorb any leakages, and a tough sheet of plastic between this and your car upholstery will ensure that your vehicle remains clean and dry.

Extremes of temperature are undesirable. When going on a long car journey with an animal do ensure that your pet does not get too hot or cold. A cool-bag containing damp towels is a sensible precaution, especially when travelling with brachycephalic (short-faced) breeds (e.g. the bulldog) on a hot day. Take cosy fleecy blankets and microwaveable head pads such as "Snuggle Safe" (which provides up to 12 hours of warmth) for winter trips. Fortunately most modern cars now have air-conditioning/climate control which means a more comfortable





ARDEN GRANGE

nutrition without compromise

journey for both the humans and pets. Finally – and we cannot stress this enough - NEVER leave a pet unattended in a hot, stationary car.

If including favourite toys or chews, make sure these are of a suitable size and durability to avoid choking. We don't recommend rawhide or pigs' ears.

All animals are different. Those that travel happily for long distances may like being able to see out of the window.

More nervous pets might prefer the security of a darkened environment. Humans can reduce travel sickness by focusing on a stationary object in the distance. Animals may well be the same.

Nervous Travellers

Very anxious cats and dogs may require sedation prior to a trip, but there are measures that can be taken to alleviate stress in less nervous animals. These include:

- Feliway Transport – This is a synthetic copy of the feline facial pheromone (scent) which is used by cats to mark their territory as safe and secure. By mimicking the scent, Feliway helps to promote a state of familiarity and security. It's a convenient little spray bottle which can be used on the bedding to provide comfort and reassurance.
- Dog Appeasing Pheromone (DAP) – This is a synthetic copy of the appeasing pheromone released by a lactating bitch when her litter is around 3 days old. The smell of this pheromone helps the puppies feel safe and comfortable. Dogs that are anxious when travelling may feel calmer with the DAP scent in their local environment. The spray bottle or diffusing collar products are both practical for travelling.
- Alternative remedies - Bach Rescue Remedy (a drop on the tongue or in the drinking water) is safe for dogs providing it is only given in moderation (it is prepared in an alcohol base). We do not recommend it for cats as it may cause salivation. There are many other flower remedies which can be given to dogs such as elm (for over-whelming experiences), mimulus (for fear) and scleranthus (for salivation and vomiting). Essential oils such as lavender (calming) and ginger/peppermint (settles the stomach) can be effective too; a few drops applied to the bedding are all that is needed. We recommend contacting a reputable company who specialise in herbal products for animals such as Hilton Herbs or Dorwest Herbs for more information.





ARDEN GRANGE

nutrition without compromise

- Hilton Herbs' "Tranquility Gold" - A fast acting herbal remedy in liquid form for dogs. This includes valerian, chamomile, vervain and skullcap. These herbs have been specially selected to help support the nervous system and relax tense muscles (which should help dogs feel calmer with a more relaxed outlook) and to help ease stress-related abdominal discomfort and digestive upsets. Tranquility Gold can be used 2 weeks in advance of a stressful event and throughout its duration. It may be beneficial in kennelled or quarantined dogs as well as those who are reluctant travellers.
- You can even place an item of clothing that smells of you in the travelling container for security - unwashed of course!

Very anxious or excitable dogs may need a certain amount of training before travelling. Positive reinforcement can be used to make the animal associate travel and wearing a harness with pleasure. For instance, if your dog is nervous of car travel then a series of training sessions can be helpful. First entice him into a stationary car (with the engine turned off), and offer a reward when he is calm. Then, once the dog is happy with this (it may take many repeats to achieve), then repeat the procedure with the engine running. Finally, very short journeys can be introduced. These trips are increased in length gradually, until the dog is able to travel relatively long distances. Good behaviour should always be rewarded (with food and reassurance), whilst undesirable behaviour such as barking and whining should be ignored. Clicker training can be used in conjunction.

If your pet suffers from severe anxiety or phobia related to travel, then a qualified behaviourist is the best person to help you. There may be a reason for the initial fear that perhaps you are unaware of. Try to understand and read your dog's body language. The way to overcome phobias in both people and pets is to carry out the act which invokes the fear over and over. When nothing untoward happens, the fear lessens. Some pets may completely overcome their anxiety, whilst others will always remain wary under certain circumstances. The key is to build confidence and trust, and when this is attained you should then be able to travel safely and happily with your pet.

The Pet Travel Scheme

The Pet Travel Scheme (PETS) allows cats and dogs to travel within participating countries without the need for quarantine. Details of qualifying countries





ARDEN GRANGE

nutrition without compromise

can be found on the DEFRA website at:

<http://www.defra.gov.uk/wildlife-pets/pets/travel/index.htm>.

The scheme for cats and dogs travelling in and out of the UK is outlined here but we recommend visiting the DEFRA website for more comprehensive information:

1. **Microchip**

The microchip is a permanent method of identification.

A tiny chip with a unique code is inserted under the skin at the scruff of the neck. Any time after implantation, the chip can be 'read' using a special scanner, and the animal identified.

The chip must be implanted prior to the rabies vaccination and antibody test. It is as well to get the chip scanned periodically as a precaution since they can move around the body making them difficult to find. This is fortunately quite rare, but the last thing you want is to end up at the Pet Control Building and be unable to bring your pet back into the UK because of a missing chip. If the chip is not ISO Standard, you will need to purchase your own reader.

2. **Rabies vaccination**

A course of 2 inoculations with a month's interval between them is recommended to ensure an adequate antibody titre (sufficient protection against the rabies virus). If time is of the essence, many pets do in fact have an acceptable antibody titre after just 1 inoculation, but vaccination must be given in accordance with the manufacturer's data sheet and a certificate issued. Puppies or kittens must be at least 12 weeks old before a rabies vaccination can be administered.

3. **Rabies antibody titre blood test**

A blood test is carried out (usually 30 days following the 2nd rabies vaccination) to ensure that the pet has sufficient protection against rabies (equal to or more than 0.5 iu/ml). Blood is sent to an external laboratory for testing and you should be given a certified copy of the result.

4. **Issue of the Pet Passport**

This may be issued at any time by an LVI (local veterinary inspector) after the above 3 requirements have been met. It will expire on the date that the rabies booster is due. Your pet may not enter or re-enter the UK under





ARDEN GRANGE

nutrition without compromise

PETS until 6 calendar months have passed from the date that a vet took the blood sample which gave a satisfactory result.

To enter the UK, the passport must show that your pet has been microchipped, vaccinated against rabies and have a satisfactory blood test result. It must also show a current treatment for ticks and tapeworms. Between 24 and 48 hours prior to checking in for travel back to the UK, the animal must have been treated against ticks and tapeworms and the Passport stamped in the appropriate place by the administering veterinary surgeon.

Failure to comply with the tick and tapeworm rule will mean your pet is refused re-entry to the UK and a delayed trip. Chipping, vaccination and antibody testing in the wrong order can mean a 6 month quarantine period!

5. Other paperwork

Some of the countries that participate in the Pets scheme require a veterinary health certificate in addition to the passport. The health certificate is proof that the animal has been examined by a veterinary surgeon a certain amount of time before the departure date, and is in a fit state to travel. Clients should contact DEFRA (the Department of Farming & Rural Affairs) to confirm the specific requirements of any country they intend to travel to.

Additional paperwork will be forwarded directly to the practice (only LVIs are permitted to complete the forms). In some cases an import permit may also be required.

6. Renewing the Pet Passport

The passport expires the day the rabies booster is due. Repeat blood tests are not required, providing that the booster is given on time. Check with your vet and mark the date on your calendar as reminders may not always be sent by your practice.

Important note: Although the pet may now leave the UK to visit qualifying countries, he/she may not return to the UK (without quarantine) unless 6 months have passed from the date that the blood sample was taken. Therefore if you are planning to return to the UK within 6 months you must be well-organised and start the PETS procedures at least 8 months before the proposed date of travel. It is essential that rabies boosters are kept up to date.





ARDEN GRANGE

nutrition without compromise

Pet Travel Scheme Help-Line

Telephone: **+44 (0)870 241 1710** - Monday to Friday - 8am to 6pm UK time
(closed Bank Holidays)

FAQs re the Pet Travel Scheme

Q) Can my pet have other vaccinations at the same time as a rabies inoculation?

A) Yes, but do bear in mind that vaccination can make some animals feel lethargic or unwell, so if your pet is sensitive, it may be wise to stagger them.

Q) What happens if the rabies antibody titre is insufficient?

A) Your pet will need to be revaccinated and a second antibody test performed 30 days following the inoculation.

Q) What arrangements do I need to make before returning to the UK?

A) A declaration of residency form must be completed on the day of return to the UK. This states that the pet has not been out of any of the qualifying countries in the 6 months before embarkation. This form may be obtained in advance from DEFRA or from your veterinary practice. It can also be obtained from carriers at check-in, or from the British embassies of qualifying countries. 24-48 hours before checking in for travel back to the UK, the animal must have been treated against ticks and tapeworms and issued with an official certificate.

Q) What if I am only going on a day trip, will I have to wait 24 hours before coming home?

A) No. If a short trip abroad is planned, the tick and tapeworm treatment may be administered in the UK not less than 24 hours and not more than 48 hours before being checked in with an approved transport company to travel into the UK. The treatment must be given EVERY time your pet travels to the UK.

Q) Can pets travel under the PETS scheme on a private boat or plane?

A) No. Only approved routes and carriers may be used. For an up to date list of approved routes and carriers, please contact DEFRA.

Q) Are any dogs excluded from the PETS scheme?

A) Yes. 'Dangerous Dogs', such as the American Pit Bull, are not allowed to participate in the scheme. In addition, France and Germany will not allow the entry of any cross-breed of 'Pit Bull-type' unless its heritage can be proven.

Eurotunnel

For many pet owners, leaving their much loved dogs





ARDEN GRANGE

nutrition without compromise

(and sometimes cats) at home with a sitter or in boarding establishments whilst they go on holiday is simply not an option. Eurotunnel is a popular means of transport to Europe for many because unlike airlines (where pets are kept in the hold), owners can stay with their pets in the familiar surroundings of their own vehicle for the short (35 minute) journey from Folkestone to Calais. Another advantage is that pets and their owners can travel 24 hours a day. It is also an economical means of travelling with your pets. More than 475,000 pets have crossed the channel with Eurotunnel over the last 10 years!

Arden Grange have worked in conjunction with Eurotunnel throughout the year by being on hand to give out bags of dog and cat food to passengers travelling with their pets. As a result, Jen Chambers and Val Botting from our marketing department were invited to visit the Pet Lounge in Calais earlier this month and meet with the staff at both sides of the tunnel. Jen & Val were impressed with how smooth the journey to Calais was and both agreed that this is the way to travel if you are taking your pet abroad. The journey is so smooth that you hardly know you are moving and your pet is in the vehicle with you for the duration of the journey. There are pet exercise areas before you go into the tunnel and immediately you get to the other side which "relieves" any pressure!!

Whilst in Calais, Jen & Val met some people who were returning from a show in Amsterdam and they were travelling with their 6 Bouvier des Flandres. The vehicle they were travelling in was amazing – it was similar to a top of the range horse box and there were separate air conditioned compartments at the rear for each dog. The dogs were so comfortable, they just flopped onto their beds as content as could be. Coincidentally, they learnt that 2 of the Bouviers were fed on Arden Grange and had been for a long time!

Arden Grange will continue to work alongside Eurotunnel and we definitely recommend this form of travel if taking your pet abroad.

Caution

Please note that without being able to see your pet in his or her own environment that the advice we may be able to give is limited. If you are experiencing medical problems with you dog, please do seek veterinary advice, and in the case of behavioural problems we strongly recommend consulting a behaviourist.





ARDEN GRANGE

nutrition without compromise

Further Info / Contact

If you would like any further information or assistance please do not hesitate to contact us.

Arden Grange, Leander International Kennels Ltd

Tel : +44 (0) 1273 833390

Email : enquiries@ardengrange.com

TWP/VBHHVB/JUN10

