



# The Way Home

## PHR Calendars for sale!



**DON'T  
MISS  
OUT!**

**Pre-order  
begin in  
October  
... they go  
fast!!!!**

As we begin to think about the holiday season, thoughts of “what to buy?” for family and friends becomes a priority in our minds. We all want to find that “perfect gift,” and often struggle with our decisions. The Holidays are not that far away when you think about it ... Thanksgiving (Nov. 25, 2021) is about 2 months away; Christmas is 30 days after that! Well, here is a solution! **PapHaven's annual calendar!** This beautiful calendar features photos of PapHaven alumni ... unwanted dogs who have found wonderful furever homes. This would be a must-have gift for anyone who fosters, rescues, or owns papillon or pap-mix pooches. Place your orders for the calendar at <http://www.papauction.info/calendar/>.



**Pre-orders begin in October. Costs are:**

**Wall Calendar** - \$28 shipping included.

Multiple wall calendars (up to 5)  
\$8 shipping added.

**Desk Calendar** - \$16 each - \$5 shipping.

Multiple desk calendars (up to 5)  
\$8 shipping added.

**Questions? Contact Jan at [jorolan@catc.net](mailto:jorolan@catc.net)**

*2,150+ rescued & counting!  
Celebrating 17 years!*

### You are a part of our life-saving mission

Once upon a time, a long time ago, a Papillon rescue group was born in Aug. 2003. This month, PapHaven will be 17+ years old. **During this time we have rescued over 2,150 papillons and rehomed 1,929 so far.** There is a certain sadness for the number of deaths experienced, however, this is the product of taking already sick and injured Paps into our loving group. We loved them, cared for them, and sanctuaried them until their last breath. Our eternal gratitude to all of you who have helped this organization along this sometimes trying and rocky path to what we are today a wonderful caring group for the Papillons and Pap-Mix dogs.

### FEATURES

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# 8 stomach soothers for your dog

[https://animalwellnessmagazine.com/8-stomach-soothers/?fbclid=IwAR3wkEzL7\\_1aNt\\_5PWlIdtzU0r-jwktv4ndJpAaAzue28L9Z98QM\\_dRJbs-M](https://animalwellnessmagazine.com/8-stomach-soothers/?fbclid=IwAR3wkEzL7_1aNt_5PWlIdtzU0r-jwktv4ndJpAaAzue28L9Z98QM_dRJbs-M)



You've adopted a new dog from a shelter or rescue, and quickly discover his digestive system is out of whack. Calm his stomach with these nutritious foods.

Most dogs surrendered to shelters or taken in by rescues have some physical and emotional baggage. A troubled stomach is often part of this baggage due to stress, poor quality diets, too many changes of food or environment, or a combination of all these.

Diarrhea, vomiting and poor eating habits are common, and can continue even after adoption as the dog adapts to settling into a new home with new people. Luckily, there are many soothing and nutritious ways to help get a stressed-out canine digestive system back on track.

**[Recipe measurements – C or Cs = cup(s); t or ts = teaspoon(s); T or Ts = Tablespoon(s)]**

## 1. Pumpkin

Pumpkin might be just what the doctor ordered, if your dog is experiencing bouts of constipation or diarrhea. It is a terrific stool softener, making it a perfect remedy for constipation. And since it is very rich in fiber, one to two ts in your dog's food is an effective remedy for

diarrhea. A sprinkle of ground pumpkin seeds can help destroy intestinal worms too.

## 2. Rice congee

Chinese porridge or congee is a thick soup made from whole grains. Plain congee is very easily digested, and becomes a tonic when special ingredients are added to the basic combination of rice and water.

calming an upset tummy and curbing diarrhea. It can be found in health food stores, either in vacuum sealed bags or in bulk form. Dogs really like the taste.

I like to mix a t of carob powder with a bit of honey and filtered water. It also makes a perfect sprinkle for your dog's food, and is great when mixed in with some yogurt.

## 4. Honey

Honey is packed with antioxidants and flavonoids, and its acidity or pH is low enough to hinder or even prevent the growth of many types of bacteria. There is substantial evidence that honey, especially New Zealand's Manuka honey, may be effective against *Helicobacter pylori* bacteria, which causes stomach ulcers.

The UMF (Unique Manuka Factor) is a phytochemically-derived antibacterial property found in some strains of Manuka honey. A UMF rating of 10 is the minimum recognized for beneficial healing properties. The term "UMF" is a guarantee that the honey you have purchased contains this special antibacterial property to at least the level indicated on the label.

## 5. Cinnamon

Ancient Chinese herbal references cite cinnamon as a treatment for nausea, fever and diarrhea. Native American Indians also used it for diarrhea, chills and to freshen breath. It is used much the same way today, treating a variety of gastrointestinal problems, including nau-

*(continued on pg. 3)*

## Pumpkin pudding cake

### Ingredients

- 1½ Cs whole oat flour
- 1 C whole brown rice flour
- 1/2 t sea salt
- 1½ ts cinnamon
- 1½ ts ginger
- 1 t carob powder
- 1 T unsweetened coconut
- 1/4 C ground almonds or Brazil nuts (optional)
- 3 Cs pure pumpkin pureé
- 1/4 C honey (local honey can be combined with Manuka honey)

### Instructions

**Preheat oven to 350°F.**

*Use organic ingredients wherever possible.*

Lightly oil a cake pan or Pyrex dish. Combine all ingredients. Spoon into cake pan and bake for 1¼ hours. Cool completely before serving. Cut in squares and store in an airtight container or Ziploc bag. This recipe freezes well.

## 3. Carob

Carob packs a whole lot of punch. It is rich in natural sugars and contains all the principal minerals and vitamins, including thiamin, riboflavin, niacin, calcium, magnesium and iron. Carob is great for

## 8 stomach soothers for your dog

(continued from pg. 2)

sea and flatulence. The oil found in cinnamon has antifungal and antibacterial properties. It is also a carminative and makes a digestive tonic when prepared as a tea.

Like carob, cinnamon can be sprinkled on your dog's food. Try adding a shake or two to his daily diet.

### 6. Cabbage

Cabbage is one of the world's healthiest foods. Research has shown that cabbage juice helps heal stomach ulcers, and very recent studies have illustrated it has a positive impact on the entire digestive tract.

Cabbage contains a variety of nutrients that support the stomach and intestinal lining. These nutrients include glucosinolates and the anti-inflammatory isothiocyanates or ITC made from them, as well as polyphenols and glutamine, an amino acid essential for intestinal health. Uncooked cabbage is high in glutamine. It has been proven to be both antibacterial and antiviral. Cabbage also contains S-methylmethionine, another compound with anti-ulcer properties, and its lactic acid helps settle gastritis.

#### Simple cabbage juice

Chop up a handful of purple cabbage, put it in a pot, add a cup or more of filtered water and heat gently, just until the water is a nice purple color. Remove from heat, cool and serve. Cabbage juice is soothing and can help stop diarrhea.

#### Cultured cabbage juice

- 1 Fill your blender with chopped green cabbage (it's important to use fresh organic cabbage for this recipe) and distilled water to the 2/3 mark.
- 2 Turn the blender on high for one minute.
- 3 Pour the mixture into a large bowl, and repeat the process two more times.
- 4 Cover the bowl with Saran wrap and let the cabbage sit at room temperature for three days.
- 5 Strain the cabbage so you are left with only the juice.
- 6 Store in the refrigerator. This juice is loaded with friendly lactobacteria, and the lactic acid will help kill many strains of fungi parasites and other pathogens. A little goes a long way, so take 1 teaspoon of cabbage juice and mix it with 1 teaspoon of water for your dog.

### 7. Homemade penicillin aka chicken soup

No list of stomach remedies is complete without a recipe for "homemade penicillin," better known as chicken soup. This recipe is good for whatever ails your canine companion. Very best chicken stock

#### Ingredients

- 24 Cs filtered water
- 3 lbs chicken backs and necks
- 2 carrots, cut in pieces
- 2 celery stalks, cut in pieces
- 3 Shiitake mushrooms, dried or fresh
- 2 garlic cloves
- 1 piece fresh ginger
- 12 white peppercorns
- 1 to 2 Ts sea salt, to taste
- Handful of fresh parsley, Italian or curly
- Other fresh herbs to taste, e.g. thyme, oregano, sage, rosemary

#### Instructions

Choose organic products whenever possible. Put all ingredients in a large stockpot. Bring to a rolling boil, skim off the foam, turn the heat down to simmer, and leave the pot to sit and stew all day long. Refrigerate overnight. Next morning, skim off the fat, remove the chicken and vegetables, strain the stock into storage containers and freeze.

This will give you a nutrient-dense broth to add to any recipe, including biscuits and treats. You can also use it as a topper for regular meals or add it to drinking water to encourage more liquid intake.

### 8. Slippery elm

This is one of the greatest remedies for digestive disorders. When the bark is mixed with goat milk or goat milk yogurt, it lines the gut and intestines, protecting the mucous membranes from irritation. Slippery elm contains tannins and mucilagens, which have astringent and anti-inflammatory properties. Gruels containing slippery elm and honey are truly an "internal" salve for all kinds of digestive problems.

#### Make your own gruel

##### Ingredients

- 1 C slippery elm bark (Ulmus rubra)
- 1/2 C oat flakes
- 1/2 C barley flakes
- 1/4 C arrowroot
- 1 T dill seed
- 1 t honey
- 1 T marshmallow (Althea officinalis)
- 1 T wheat germ
- 1 C goat milk yogurt or filtered water

##### Instructions

Combine the first seven ingredients. Add 1 teaspoon of the resulting powder to the honey. Whisk in a little warm filtered water, then add 1 cup of goat milk yogurt (with cultures) or more filtered water.

##### Dosages

**Puppies & small dogs** – 1 t added to each meal

**Medium dogs** – 3 ts added to each meal

**Large dogs** – 5 ts added to each meal

# Amazing Facts About Papillons You Might Not Know

<https://pettime.net/15-amazing-facts-about-papillons-you-might-not-know/?fbclid=IwAR1LUEDa-hk1kk8oX-EILW8G84yYErBgQfJlpBm4sbOMhXh08GjXPKydKG1E>

One of the most beautiful decorative dogs is the dwarf continental toy spaniel. There is another, the better-known name for the breed – papillon or papillon. Popularly, a dog with an extraordinary appearance is affectionately called an elegant French flower, butterfly, or moth.

All due to the fact that the representatives of the breed have ears that resemble the spread wings of a butterfly. They are the main decoration and distinctive feature of the papillons. Surprisingly, these fragile creatures are endowed with not only beautiful appearance but also unsurpassed intelligence. Such a pet can beautify the life of all family members.



**1** The Papillon is named for its most distinctive feature: its large, fringed, butterfly-like ears.

**2** According to the American Kennel Club’s Papillon breed standard, its ears are “carried obliquely and move like the spread wings of a butterfly. When alert, each ear forms an angle of approximately 45 degrees to the head.”

**3** There are two kinds of Papillon, and once again their unique ears are the defining characteristic of each type. When a Papillon has “dropped” ears, it is not called a Papillon at all, but a Phalene. Despite the distinction, Papillons and Phalenes are judged as one breed.

**4** Other than the official distinction in nomenclature between Papillons and Phalenes, the breed has gone by other names and nicknames through the centuries. It’s sometimes called the Butterfly Dog (which is simply an English translation of its true name) or Squirrel Dog.

**5** You’ll find Papillons in a rainbow variety of colors, with various combinations including black, brown, red, lemon, sable and tan. All colors are acceptable, but the AKC is very strict about one thing: White has to be in there somewhere.

**6** In the bestselling book “The Intelligence of Dogs,” neuropsychologist Stanley Coren ranked the relative intelligence of the various dog breeds. Papillons came in the way at the top, ranked as the eighth-smartest breed.

**7** For their striking appearance, Papillons are popular show dogs. But there’s more to them than just good looks. With sharp minds and equally keen agility, Papillons are more adept athletes than you might expect.

**8** Papillons became popular in the 16th century, particularly with aristocrats and artists. The breed was so popular as a muse for painters that the history and development of Papillons can be seen through many works of classic art.

**9** Just a few noted artists who painted Papillons include Titian (1488-1576), Paolo Veronese (1528-1588), Pierre Mignard (1612-1695), Gonzales Coques (1614-1684), Jean-Antoine Watteau (1684-1721) and Jean-Honore Fragonard (1732-1806).

**10** This is less of a fact and more of a legend, but the story goes that as Marie Antoinette walked to the guillotine to meet her ultimate fate, she carried her beloved Papillon dog with her.

**11** According to the legend, the dog was pardoned for any crimes that may have come with being associated with the former queen. The dog is said to have been well cared for even after Marie Antoinette’s execution.

**12** The AKC’s Best in Show Papillon was Ch. Loteki Supernatural Being, better known as Kirby.

**13** Kirby is further distinguished for being the dog to win all three major international dog shows in one year, and he also was the Best in Show winner when he won in 1999.

**14** Several notable celebrities are Papillon owners. Among them is singer Christina Aguilera (top right), who owns Papillons named Chewy (tri) and Stinky (sable – d. 2018).

**15** When Hollywood screen legend Lauren Bacall (top left) died in August 2014, she left a \$10,000 nest egg to maintain the care of her beloved Papillon companion, Sophie.



# So Just How Long Do Your Pet's Shots Last?

We came across this article on a animal welfare FB page and are sharing because we agree – AFTER the first year vaccines, our dogs and cats whether pets or strays – DO NOT need to be vaccinated every year unless they are exposed to any infections or are bitten by other animals – in which case post-bite protocol needs to be followed.

“According to the top pet immunologist (aka vaccine expert) in the world, Dr. Ronald Schultz, Ph.D. – “Annual revaccination provides no benefit and may increase the risk for adverse reactions.”

What the heck are adverse reactions (or side effects)? Well according to the other rock star pet immunologist Dr. Jean Dodds: “Side effects from dog vaccinations can occur anywhere from instantly up to several weeks or months later. Vaccines can even cause susceptibility to chronic diseases that appear much later in a dog’s life (Dodds, 2001).

## Severe and fatal adverse reactions include:

- Susceptibility to infections.
- Neurological disorders and encephalitis.
- Aberrant behavior, including unprovoked aggression.
- Vaccines are linked to seizures. Distemper, parvovirus, rabies and, presumably, other vaccines have been linked with poly neuropathy, a nerve disease that involves inflammation of several nerves. (Dodds,2001)”

## SO HOW LONG EXACTLY DOES YOUR PET'S VACCINE LAST?

According to the recommendations of the American Animal Hospital Association (AAHA), (basically the dudes who set the standards for the vets): “Among healthy dogs, all commercially available [core] vaccines are expected to induce a sustained protective immune response lasting at least 5 yr. thereafter”

Here’s the breakdown of the core vaccines from Dr. Ronald Schultz:

## Minimum Duration of Immunity for Canine Vaccines:

- Distemper- 7 years by challenge
- Parvovirus – 7 years by challenge
- Adenovirus – 7 years by challenge
- Canine rabies – 3 years by challenge

The moral of the story here, if you have no idea when your pet is due or has been vaccinated, then just run a titer test and this will confirm if you are due, rather than over-vaccinate your poor pet, setting the stage for future problems!



## What's a titer test?

A titer test (pronounced tight-errr) is a laboratory or in-house veterinary test measuring the existence and level of antibodies (necessary to fight off disease) in your pet’s blood. Basically, it’s a test that will tell you whether or not you actually need to vaccinate your pet. We are unsure if all vets in the country offer the titer test It’s also super useful when making a decision about vaccinating a pet with an unknown vaccination history, or for determining if pets have received immunity from vaccination.

Vaccinating your pet is super important so don’t lose the overall message here: **“VACCINATE, JUST DON’T OVER-VACCINATE!”**



# I ADOPTED YOUR DOG TODAY



I adopted your dog today  
The one you left at the pound  
The one you had for nine years ...  
and no longer wanted around.

I adopted your dog today  
Do you know that he's lost weight?  
Do you know that he's scared and  
confused and has lost all faith?

I adopted your dog today  
He had fleas and a cold  
But don't worry none  
You've unburdened your load.

I adopted your dog today  
Were you having a baby or moving  
away?  
Did you suddenly develop allergies?  
Or another reason he couldn't stay?

I adopted your dog today  
He doesn't play or eat much  
He's very depressed now  
But he will learn again to trust

I adopted your dog today  
And here he will stay  
He's found his forever home  
And a warm bed on which to lay.

I adopted your dog today  
And I will give him all that he could  
need  
Patience, love, security and  
understanding.  
Hopefully he will forget your selfish  
deed

- Author Unknown

# 7 Things to Know About Dog Zoomies

Not counting how fun they are to watch

<https://thebark.com/content/7-things-know-about-dog-zoomies>

I have a terrible tendency to misunderstand people when they say “Zoom meeting.” It sounds so much like “zoomies,” which have been a part of my life for so much longer. I’ve enjoyed dogs who have the zoomies outside in the yard or at the park, running in wide circles in the open space, as well as inside with dogs leaping over the coffee table and running along the back of the couch. Zoomies are one of the most beloved and charming of canine behaviors. Why do dogs get zoomies?

## Things To Know About Zoomies.

**1 There’s a technical term for the zoomies.** Technically speaking, zoomies are frenetic random activity periods, or “FRAPS.” It has been proposed that FRAPs allow animals to relieve stress, let out stored up energy, handle excitement and play, but the function of frapping is still not known.

**2 Zoomies involve furious bursts of speed.** Dogs with the zoomies will run in wide circles in a series of laps and may exhibit repetitive spins. Dogs often break into a run suddenly, with their back end tucked as they go, a wild excited look in their eyes and lots of sharp turns or spins with sudden changes in direction. They may run so hard that it can look like the back end is running faster than the front end.

**3 There are a lot of precursors to the zoomies.** It can happen when dogs get revved up or aroused, when they first go out after being inside, when they see another dog, or when their favorite person comes home. It’s also common after a bath, after pooping, after being groomed, being released from the crate or following anything else that required them to be restrained in some way. Some dogs get the zoomies when they head outside and there is snow.

**4 Zoomies are normal.** There is nothing wrong with this normal dog behavior as long as they don’t run in a place that is unsafe such as near a road or through a part of the yard with nails, sharp tools, or any other dangerous objects. Though Zoomies are not problematic, sometimes dogs who are chasing their tails are mistakenly identi-



fied as having the zoomies when they are actually showing symptoms of obsessive-compulsiveness.

**5 Zoomies don’t last long.** Most of the time, a case of the zoomies lasts just a few minutes or even less. Although they can extend upwards of 10 minutes in some cases, that is not typical.

**6 It’s difficult to stop dog zoomies, but not impossible.** It’s hard to stop a dog mid-zoom, so it is usually easiest to wait out these short-lived actions. You can redirect their motion by running away from them so they chase you to a safer spot if need be. Or, you can throw a toy in the direction you want a dog to go. The better your dog’s recall, the sooner she will come to you as her zoomies wind down, but few will be able to do it at the height of the action. Don’t chase a dog with the zoomies, as that is likely to add excitement to the moment and make it harder for dogs to calm down.

**7 Other species can get the zoomies, too.** This behavior is best known in dogs, but similar zoomies-like behavior has also been described in ferrets, goats, gazelles, horses, cats, elephants, bears and many other animals.

Watching dogs with the zoomies is fun because they seem so happy and so free – exactly the opposite of how most people feel while on a Zoom meeting.

So, as long as your dog has space to express his excitement safely, sit back, relax, and enjoy the show.

# Presidential Pets

<https://www.petinsurance.com/healthzone/ownership-adoption/pet-ownership/pet-owner-topics/presidential-pets/>

In the months since Joe Biden became president, we have heard a lot about his pets! The passing of Champ ... the antics of Major ... grandpup Charlie ... and all of the other critters inhabiting the inside and outside of our nation's premiere residence. Both dogs have been rescues adopted from a shelter in Delaware ... and their is talk that the Biden's will be adopting a new cat in the coming months.

Have you been following "The Oval Pawffice" on Facebook? <https://www.facebook.com/OvalPawffice> ... some interesting stuff going on in Major's life since his "Pawmotion" to DOTUS. Also, continued efforts to raise money and awareness about pet adoption and shelter fundraising.

Let take a abort look at some of the other FPOTUS...

## Celebrate Presidents & Their Pets

President Obama and the first family welcomed Bo, the presidential pooch, to the White House in 2009; Sunny soon followed in 2012.

The Portuguese water dogs joined an exclusive canine club of White House inhabitants that has entertained the nation throughout the years.

Formerly located just miles from the White House is America's very own Presidential Pet Museum (now online). Established independently in 1999, the museum preserves and displays items, information and artifacts regarding our nation's "first pets."

## Goats, Pigs & Rabbits ... Oh My

From George Washington to George W. Bush, the Presidential Pet Museum tells the history of presidential animal companions.

Did you know Washington kept more than 30 hounds and a dozen horses on hand to satisfy his passion for fox hunting? During Lincoln's administration, the White House was home to – along with



the usual cats and dogs – goats, ponies, rabbits and even pigs.

The annual "pardoning" of the turkey actually got its start from young Tad Lincoln's pleas to spare a fowl destined to become Christmas dinner. After Lincoln released the bird, the last-minute reprieve became a White House Thanksgiving tradition.

## A President's Best Friend(s)

Calvin Coolidge's fondness for dogs turned the White House into a virtual kennel that included a Shetland sheepdog, chow chows and collies, cats, canaries, a goose, a donkey, a bobcat and raccoons.

Teddy Roosevelt, an animal collector and avid ornithologist, had an incredible menagerie including horses, dogs and cats, a flying squirrel, a horned toad, ducks, kangaroo rats, a badger and a macaw. Teddy even established a cemetery for

his pets at his home in Sagamore Hill on Long Island, New York.

## Saddle Up

Although dogs have remained the primary pet of choice for presidents, horses have had a prominent presence. Jefferson called Washington "the greatest equestrian of his age." Ulysses S. Grant was considered a "horse whisperer" due to his ability to tame horses. Other horse lovers include Andrew Jackson, John

Tyler, James Polk, Zachary Taylor, Teddy Roosevelt, Ronald Reagan and George W. Bush.

## Child Companions

During President Kennedy's administration, a yard was constructed near the West Wing and stocked with child-friendly animals that included lambs, ponies, a horse, dogs, guinea pigs, parakeets, a canary, a cat, hamsters and a rabbit. Its most famous resident was Pushinka, the pup of a Soviet space dog that was given to young Caroline Kennedy as a gift from then-Russian premier Nikita Khrushchev.

## Bush Dog

Perhaps one of the most well-known presidential pups, Millie was the favorite of George H. W. Bush and his family.

The springer spaniel and her puppy, Ranger, became the subject of a book which has sold more copies than the autobiography of George Bush himself.

## A Pet Bonanza

The museum has over 1,500 items of interest for pet fans. Among them, a portrait of President and Mrs. Reagan's dog, Lucky, plus photos and exhibits depicting George Washington's horse, Nelson; Clinton's dog and cat, Buddy and Socks; and the current White House pets, Miss Beazley and Barney.

Visit the Presidential Pet Museum (<https://www.presidentialpetmuseum.com/>) for more information. Unfortunately, the Presidential Pet Museum is closed and can only be viewed online.



Major Biden

# What to Pack in a Road Trip Emergency Kit for Dogs

[https://www.sidewalkdog.com/dog-road-trip-emergency-kit/?fbclid=IwAR0t4ilC\\_rPjlWRZPY7RjKySlvXMJuvKKPLCSBzo-GJUqKgbtuzGix7zKjFE](https://www.sidewalkdog.com/dog-road-trip-emergency-kit/?fbclid=IwAR0t4ilC_rPjlWRZPY7RjKySlvXMJuvKKPLCSBzo-GJUqKgbtuzGix7zKjFE)

*This article is a part of the On The Road series, sponsored by Tall Tails and Kurgo. The author adopted her dog, Nora, in 2016 from One Tail at a Time in Chicago. She was a rescue from Alabama, a state with a high euthanasia rate. As they come up on their five-year anniversary this summer, they're celebrating with the ultimutt road trip. Follow along with the yappy trails as the author and Nora take on a solo road trip to see the ocean.*



In theory, all you need for the perfect road trip is a car, your dog, and good vibes. Unfortunately, disaster likes to strike whenever you least expect it, which may unfortunately be on the road in the middle of nowhere. Read on about what to pack in your road trip emergency kit for dogs (and you)!

## Pet Emergency Kit Packing List

You and Fluffy may be two sides of the same coin, but an emergency for her is different than one for you. Use this dog road trip emergency kit packing list so your diva doesn't make an emergency even ruff-er for you.

### Blanket

A blanket can be many things – a place for your dog, warmth, or even simply just comfort. When things go south, you'll want a versatile blanket with you. Nora travels everywhere with her "Tall Tails blanket" because the familiarity helps her adapt to new things more quickly, like hours-long drives or Airbnb beds. In a pinch, we can cuddle and share the blanket for warmth while we wait for roadside assistance.

### First Aid Kit

Dog forbid something happen to pupper, but he's not invincible. For any boo-boos that may happen while on your road trip, pack your Dog First Aid Kit, which includes supplies to handle most common injuries. This first aid kit conveniently comes in a compact bag that's easy to carry with you on hikes or adventures, and just as easy to store in your car. Also, a lot of the supplies can be shared with humans, so you can just add a few more things to the bag.

### Snackies for Pup (& You)

Half the fun of a road trip is the food

you'll get to eat at the drive-ins, diners, and dives you find on the road. If you're stuck on the road with no options, you'll wish you packed some snacks for you and your pup. Some of the basics you'll need are bottles of water and a bowl that your dog can drink out of, especially if it's warm weather.

You should also have shelf stable food that can sit in the car for a while, like granola bars, cereal, or crackers. While your dog can share those with you, he may appreciate some dog snacks instead. He'll never say no to extra treats, and if you stop by your local pet store and ask nicely, they probably have sample bags of dog food that you can pack in case of emergency.

### Medication

For the dog that's medicated on a schedule, an extra dose should be in your emergency kit if it's temperature stable. While you probably packed their daily medicine in their doggy bag, keep a little extra in the car, just in case you left the bag at your Airbnb while out adventuring. If disaster strikes, you never know how long you may be waiting for assistance. The same goes for human medicine too!

### Poop Bags

You're a dog parent; you'd never be caught without a spare bag or two for your dog's number two. Maybe it's silly, but poop bags are a versatile thing for the car. They can act as a trash bag for snack

wrappers, or even gloves in a pinch. Just toss a roll into your emergency kit, and you'll be sure to find a use for them eventually.

### Extra Leash & Collar

Fido is a sweet angel who would never do anything naughty, right? While that may be true, we've seen it all with leashes just snapping with wear or dogs chewing through them while bored in the backseat. Don't be caught unprepared on the road, and stash an extra leash and collar set in your car – and don't forget to include updated tags!

We love this Kurgo leash since it's sturdy but also has different configurations. It's adjustable to wear around your waist in case you need to free your hands, and you can shorten the leash to keep him close, or tether him in case of emergency.

### Road Trip Emergency Kit

You've made your road trip emergency kit for your dog, packed your cute matching outfits for the 'gram, and made a playlist of podcasts that'll earn you a Bachelor's degree in true crime. The only thing left is to make your road trip emergency kit.

### Jumper Cables

Dead batteries happen to the best of us; all it takes is forgetting to turn your lights off while grabbing dinner and then you're stranded. Luckily, most of the

*(continued on pg. 9)*

# More steps to help be prepared for a disaster

<https://www.petsit.com/pet-preparedness-month-8-steps-to-prepare-for-disaster>

While you should be prepared for pet emergencies year-round, recent weather events across the US offer an important reminder to review your family's emergency plans and ensure you've incorporated a plan for your pets as well.

Disasters can happen anytime, anywhere and can take many different forms, from barn fires or flooding caused by violent storms or earthquakes or gas line explosions. Depending upon where you live, possible natural disasters may vary – from hurricanes and blizzards to flooding and wildfires. Regardless of your location, man-made disasters or emergency situations such as plane crashes, train derailments, chemical spills and widespread power outages could occur and prevent you from reaching your pets or force you to quickly evacuate.

Pet owners should create a pet-friendly family emergency plan. While no one is ever 100% ready for a disaster, a good plan can make a huge difference if it's thorough and flexible.

## The following tips will help prepare you and your pets for a disaster:

**Understand the possibilities.** Recognize the different types of natural and man-made disasters that can occur in your area and know how to effectively plan for them.

**Plan your response.** Different disasters require different courses of action. The sooner you create a disaster plan, the more time you have to prepare.

**Update identification.** Make sure your pet wears current identification at all times that includes his name, rabies tag and your cell phone number since you will not be at home.

**Keep your pet's records handy.** Create a file for each pet that contains health history, vaccine dates and a recent photo. Keep the file in a safe and secure place.

**Get a carrier.** Have a properly-sized pet carrier for each pet. Carriers should be large enough for the pet to stand up, turn around and lie down comfortably.

**Stock up on emergency supplies.** Keep extra leashes, bowls, newspapers,

trash bags, cat litter, litter pans and at least a five-day supply of pet food and water on hand. Be sure you have a pet first aid kit as well.

**Research animal-friendly places.** If a disaster forces you to evacuate, the best thing you can do to protect your pets is to evacuate them as well. Know where you can take your pet in the event of an emergency. Evacuation shelters and pet-friendly hotels outside a 60-mile radius of your home are good places to start. Websites like [BringFido.com](http://BringFido.com) and [GoPet-Friendly.com](http://GoPet-Friendly.com) offer searchable directories of pet-friendly lodging options.

**Communicate your plan.** Make sure that the other people you rely on for your pet's care, like your pet sitter, are privy to your specific pet-care plan in case you are away from home when a disaster strikes.

In addition to communicating your disaster plan, it's important to make sure that any pet sitter or dog walker you use also has a disaster plan in place should they be caring for your pet(s) when disaster strikes.

For additional resources, visit the Pet and Animal Emergency Planning section of FEMA's website, which offers a wealth of information to help incorporate your pets into your disaster planning. <https://www.fema.gov/fact-sheet/are-you-petpared-disasters>

## What to Pack in a Road Trip Emergency Kit for Dogs

(continued from pg. 8)

time this problem can be solved with the help of a kind stranger with a car and jumper cables. Toss 'em in your trunk and don't forget to watch a how-to on jumper cables before hitting the open road, since service can be spotty.

### Spare Tire (& All the Accessories)

You'll have plenty of time to wonder where your tax dollars are going when a big honkin' pothole takes out one of your tires. Luckily, if you have a spare tire, you won't have to spend too long pondering that question. Most cars already have it, but make sure you have an inflated spare tire, and also a working jack (and a wheel lug if your car requires it). You may be able to recollect everything from high school driver's ed, but if you may have forgotten how to change a tire, check out this how-to before you hit the road.

### Road Map

If Bingo asks you, "Are we there yet?" one more time, someone's in the dog house. While a world atlas fits in the palm of our hands nowadays, a dead battery or spotty service is all it takes to get lost. Don't let your trip take any longer than it needs to be, and get back on the

road with a paper road map that'll never lose service.

### Flashlight or Headlamp

We know, your dog is the light of your life. While he may light up every room he walks into, he unfortunately will have a hard time illuminating what's under the hood of your car in an emergency. Having a flashlight (and extra batteries) in the car is great when you need to inspect things, or to use to get someone's attention. A headlamp is an extra convenient upgrade to let you use both hands (for petting your dog, probably).

### Reflectors

If you're going to have to walk along the side of the road, especially at night, you'll feel better about it with something reflective. A reflective vest is easy to pack and put on before you get out of your car. There's also reflective triangles you can put on the road to alert other drivers to give you space. For pup's safety (and so you can be twinsies), there are reflective vests for dogs that you can also use for nighttime walking even after your road trip!

**What's in your dog's road trip emergency kit?**