

We want to thank Patricia Sarmiento for selecting AWA as an organization to pair up with for her pet-tips blog. Her mission is “to inspire others by sharing some of the amazing resources I have come across.”



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4 Tips for Protecting Your Pet When You Go Out of Town

Whether it’s for business or pleasure, traveling by itself is enough to cause a bit of anxiety. You’ve got bags to pack, tickets to print, and a plane to catch—so the last thing you want to add to the list is worrying about your pet while you’re out of town.

Take a few steps to protect your pet *before* you leave to help put your mind at ease. Use these tips and you’ll be looking forward to a happy reunion with your furry friend in no time.

1. Make sure your pet’s ID tags are updated.

Whether your pet has a collar tag or an implanted microchip, make sure the information given is updated. Include your pet’s name, your name, phone number, and home address.

If you haven’t microchipped your pet already and are thinking of getting it done, be sure to educate yourself on the risks and benefits of [microchipping](#) before you head off to the vet.

2. Consider boarding your pet.

You can’t go wrong leaving your pet in the hands of loving, trained professionals. A [pet sitter](#) could be the

right option for you if you don't want leave your pet alone. They'll make sure your furry friend is getting the TLC she needs while you're gone.

It's a good idea to check out pet boarding facilities in person well in advance of leaving for your trip. You'll get a feel for how well they'll be able to take care of your [pet's needs](#), and if you find one you like, you can save time in the future by sticking with that boarder every time.

3. Leave detailed instructions.

Leave clear instructions for your pet's caretaker so they'll be able to take care of your pet the best they can. If your pet frightens easily or has some other type of quirk, it's important that you let your caretaker know so they'll be ready to accommodate your pet in times of need.

4. Spend some quality time together before you leave.

Be sure to walk your dog or cuddle with your cat before you leave. But be careful not to make too big a deal out of leaving—getting your pet all worked up will only breed anxiety for both of you and leave him worrying about whether or not you're coming back.

The best thing for you to do is to pretend like you're leaving to run errands and will be coming back soon. You might find it challenging to leave without a heartfelt goodbye, but not making a big deal out of it will prevent your pet from getting anxious. A short and sweet goodbye will leave you both in high spirits and keep you looking forward to a happy reunion upon your return.

Patricia Sarmiento loves swimming and running. She channels her love of fitness and wellness into [blogging](#) about health and health-related topics. She played sports in high school and college and continues to make living an active lifestyle a goal for her and her family. She lives with her husband, two children, and their shih tzu in Maryland.