

**The next time you hit the road, please consider...**



- Ⓜ According to AAA statistics, pets and loose objects rated 3rd worst driver distraction (next to cell phone usage and unruly children).
- Ⓜ Dogs love to hang their head out the window, but are frequently injured when rocks and dirt get kicked up. Even insects can put out an eye when you hit them at 35+ miles per hour!
- Ⓜ Unrestrained pets become dangerous, sometimes deadly projectiles, even in minor collisions. A loose pet in a vehicle is propelled with force equal to 30 times its weight in a 30 mph accident. A 30 lb. dog can be sent flying with the equivalency of 900 lbs. of force behind it. This is enough energy to kill the pet and anything in its path. At higher speeds, the force is even greater.
- Ⓜ In accidents, pets aren't only flying objects, but can also be killed through their own impact with hard surfaces in the car. (ex: the seat back)
- Ⓜ Pets are especially vulnerable in the front seat where they can be injured by passenger airbags, dashboard, windows, and windshields.
- Ⓜ It doesn't take an accident to seriously injure a pet. Quick stops and sharp turns can also injure an unrestrained pet.
- Ⓜ Never leave your dog in a car with the windows up.

**Mandatory Equipment for Pet Restraint**

- Ⓜ Harnesses with seatbelt clip. RuffRider is one of the best: <http://www.ruffrider.com/>
- Ⓜ Crates/pens (Note: Dog can still be injured by bouncing around in a crate. Crates can also become projectile unless secured.)
- Ⓜ Vehicle barriers (Point: Stops the animal from roaming in vehicle but still can injure pet during a crash)
- Ⓜ Small Pet Restraints (bucket seats)

**Other equipment & accessories**

**Ramps:** great idea for larger dogs, especially older dogs. Save your back and avoid injuries from jumping.

**Travel crate:** home away from home provides your dog a familiar and safe home-away-from-home. Soft crates are lightweight, but not suitable to a dog who hasn't been trained to stay in one since they can be chewed up. Wire "suitcase" crates are heavier, but sturdier.

**Buckle Up!**

Loose pets in cars may interfere with emergency personnel trying to rescue injured passengers after an accident.

Traumatized pets can run away from the car accident, be injured or killed, or could cause another accident.

Accidents can occur when dogs find treats or other things under the car controls or under the driver's seat.

Dogs can jump out of open car windows.

Dogs can strangle themselves by accidentally rolling up the car window with their paws.

## Training for Travel

- 🐾 Set up short local trips, and have a big surprise party when you get there. The idea is for the dog to associate the car with great things. The party can consist of a few treats, a game of tug, Frisbee, or catch, meeting a favorite friend or person, or just hanging out together.
- 🐾 Avoid stressful situations at first: introduce loud noises, sudden changes in speed or direction, harsh smells, etc. carefully over time, being sure to give your dog plenty of positive reinforcement for handling new situations appropriately. If your dog does get stressed, take a step back to rebuild confidence before trying again.
- 🐾 Be slightly boring when you get back home. The day's big event should be the road trip, not the homecoming.
- 🐾 Gradually increase the distance and length of the trip. Take your time and watch your dog carefully. It's too easy to undo all your hard work by expecting too much too fast.

*Be sure to keep a good grip on your leash when getting your dog into and out of the car.*

## How to prevent motion sickness

Motion sickness in dogs can bring on nausea, excessive salivation, and sometimes vomiting. It happens because the nervous system may find certain aspects of movement unpleasant during land, sea, or air travel. Dogs may yawn, whine, and show signs of discomfort or fear. In more extreme cases, dogs can have diarrhea or fill the car with unpleasant gasses from their digestive tracts. Symptoms usually disappear when travel motion stops. However, fear of travel can bring on motion sickness even in a stationary vehicle. Here are some ideas to help overcome motion sickness:

- 🐾 Avoid feeding your dog within three hours before a ride. Limit water consumption just before the ride.
- 🐾 Take your dog on a respectable walk before hitting the road to give him plenty of time to relieve himself. Exercise provides the additional benefit of tiring and calming your dog.
- 🐾 Ginger has a long history of use in relieving symptoms of nausea, vomiting, indigestion, flatulence, and dizziness. Use grated raw ginger or powdered ginger root capsules. Ginger works for many humans, too!
- 🐾 The oils of several plants (including basil, ginger, chamomile, and peppermint) have been shown to relieve nausea. We like Green Hope Farms (<http://www.greenhopeessences.com>) preparation over the Bach's Flower essences since they do not use alcohol to stabilize their solutions.
- 🐾 For some dogs, a couple slurps (only a couple!) of vanilla ice cream can quell nausea.
- 🐾 Some give their dogs Dramamine (approximately 25 mg for a medium-size dog) before a trip. A few give their car-averse dogs tranquilizers before a trip. Discuss drug options with your veterinarian before using them.
- 🐾 There is a lot of clinical evidence supporting the effectiveness of acupuncture for suppressing nausea associated with motion sickness, chemotherapy, and postoperative state, pregnancy, and other conditions. I'd recommend a visit with [Dr. Berschneider](#) – she's the holistic veterinarian that comes from Murfreesboro to PDX every other Monday. Call 423-870-7740 for an appointment.
- 🐾 Be prepared in case the dog gets queasy in the car. Cover the seats, bring towels, paper towels and baggies, give a back seat dog plenty of air, play soothing music, and do not play music too loudly.

## Checklist for travelling with your dog

- Travel crate and/or seatbelt restraint device & harness
- Buckle or snap collar with current ID tags including multiple contact numbers. Dogs that are found without identification are far more likely to be put down if they're picked up by animal control.
- Sign with instructions including dog's name, age, contact number of someone who can come and claim the dog if you are injured, medications, etc. Put the sign on the crate or in the dog's travel bag.
- Beverage cooler with lots water from home (be thinking in terms of gallons!).
- Food and water bowls. Bring extra food just in case your journey takes longer than planned.
- Plastic bags for picking up after your dog. (they even make scented ones!)
- Extra leash and collar (with ID tag!)
- Rabies certificate (some states can confiscate your dog if you can't prove they've been vaccinated)
- Medications
- Chew toys or bones.
- Towels and Paper towels
- First aid kit (for humans, works great for dogs once you add vet wrap)

Now get out there and have some adventures with your dog. Happy trails!