

Pets and Travel / What to Know Before You Go

PETS & TRAVEL: WHAT TO KNOW BEFORE YOU GO



LIVE WELL UTAH

You're ready for a summer vacation, but what about your pets? Check out these expert tips from USU School of Veterinary Medicine faculty.

Summer is here and people are getting ready to hit the road on much-needed vacations. Pets are often considered to be part of the family, so it's no surprise many people want to bring their furry friend with them during their travels. Karl Hoopes and Allison Willoughby, faculty in Utah State University's School of Veterinary Medicine, have some advice for pet owners when it comes to traveling with their animals during the summer.

Both Hoopes and Willoughby, advisor to USU's Small Animal Specialty Club, agree that one of the most important things owners can do before leaving on a trip is to plan ahead and be aware of the laws at their destinations before they travel. Doing so will make the whole experience more enjoyable for everyone.

"Planning ahead is a must," Willoughby said. "Keep in mind the activities you are going to be doing and make sure animals are allowed. For example, many national parks allow pets in the car but not on the trail, so you need to check ahead of time."

It is important to remember that when traveling with pets even the smallest tasks, such as going out to eat or shopping, can become inconvenient and create a problem when pets aren't allowed in those establishments.

"Traveling with pets can be great for the pet and for people as long as you are prepared for some minor inconveniences," Willoughby said. "If the whole family works together it can be great."

Some paperwork also needs to be completed before you hit the road. Most states require a Certificate of Veterinary

Inspection (CVI) along with a rabies certificate when crossing state lines. This paperwork is also required when crossing the border into Canada or Mexico. There is always the chance pets will run off in unfamiliar places, so updating their licensing and microchip before leaving is crucial.

Pets can also become more susceptible to illness when traveling. To reduce the risk of pets becoming sick or contracting diseases, Hoopes recommended that all core vaccines be up to date. These vaccines include Bordetella (kennel cough), parvovirus, distemper and adenovirus. If traveling to areas where fleas are present, a flea preventative should be started immediately so that pets don't pick-up any unwanted creatures.

Hoopes also said it's a good idea to have the contact information for veterinarians in areas you'll be visiting saved in a phone so they are already on hand and ready to go.

"You never know if you will have internet service, so it is helpful to already have those numbers with you and in your phone," Hoopes said. "If an accident happens, you don't want to spend valuable time looking for numbers. If you already have numbers and addresses, you can take your animals to the clinic immediately."

On the Road

Beyond the basics of stopping often to let pets go to the bathroom and not leaving them in cars that heat up dangerously fast, Hoopes said one of the biggest problems he sees when traveling with pets in the car is dehydration.

"One of the biggest things is to make sure they don't get dehydrated. They need water just as often, or even more often, than we do," Hoopes said. "If it is really hot, dogs love to jump in the water. They love to swim and it really seems to help them."

Packing water from home can also reduce dehydration risk. Many dogs are simply used to the water they drink at home and refuse to drink anything else. Bringing water from home or packing bottled water is an easy solution to ensure pets stay healthy and hydrated for the duration of the vacation.

Hoopes and Willoughby also recommend that pet owners pack the food their pets are used to eating at home. Any sudden changes to pet's diet, like a new type of dog food, can have a negative impact and lead to sickness and gastrointestinal problems.

When traveling, pets are placed in new and stressful situations, so it is common for them to have anxiety when traveling. To reduce anxiety, a sedative can be purchased from local veterinarian.

Traveling by Air

Airlines are very particular when it comes to pets as passengers. When traveling by air, pets are typically carried in cargo instead of the passenger cabin. Hoopes said cargo does a good job at taking care of animals, but it is still important to remember that travel always adds additional stress.

"The dog or cat is in a carrier for an extended period of time without interaction. It is stressful and it can be scary," Hoopes said. "If you do put them in cargo, putting them with a blanket or stuffed toy they are familiar with can help reduce stress."

Pets traveling by air also require a CVI, and it usually the certificate must have been issued within 72 hours before traveling. Some airlines also require an acclimation statement be included with the certificate. This statement provides the airline with information about the temperature range the animal is acclimated to so that he can be safely transported

in cargo. The statement is issued by a veterinarian and must include the temperature range and time frame that is safe for the pet to remain in those temperatures.

Different airlines have different requirements, so it is important to understand what they are beforehand so there are no surprises when it comes time to depart. Owners should ask their veterinarians to call the airline they'll be flying with ahead of time to make sure they are prepared to properly take care of animals.

Extra precautions must be taken for airline travel with puppies.

"I hate to send puppies are under 12 weeks old on an airline because it gets really difficult," Hoopes said. "Make sure they are old enough to travel and that they have been away from their mother long enough to be fully weaned. You don't want them to be going through the stress of being weaned along with that of traveling."

Leaving Pets at Home

Traveling with pets can be a great experience, but what should be done when taking them isn't an option? Should pets be left at home or should they be taken to a kennel? While there are many pros and cons to both options, Hoopes and Willoughby said keeping animals at home with a caregiver is the most ideal.

"The best thing, in my opinion, is to have a dog sitter who will come to your house and take care of them in their own environment," Hoopes said. "It's ideal that they stay in their same bed with the same water and food and you just have someone come over to help take care of them."

Of course, there are still some cases when boarding pets at a kennel is the best option.

"Escape artists might be better in a kennel if you think your

dog will run out on your sitter,” Willoughby said. “If your dog sitter won’t be able to be there as much as you typically are and your dog is used to relieving himself several times a day, then a kennel would be preferred. If there are complicated medications to be given, then it would be better to give the kennel the medications unless the sitter is very experienced.”

When it comes to choosing a place to board your pet, it is important to visit kennels ahead of time and think about what each one has to offer in terms of safety, cleanliness and pet care. Hoopes said it is especially important for kennels to offer turnout time as well as individual and group housing options. It needs to be temperature controlled and the kennel should be willing to provide references when asked.

One problem with kennels is it is a place where diseases are often transmitted. Kennel cough is especially common, so pets need to have received the vaccine at least 2-3 weeks ahead of a kennel stay to build up sufficient immunity. Willoughby said this vaccine isn’t long lasting, so it is important to keep it updated. If vaccinated in the spring, immunity should last until the end of summer. Willoughby also recommended that puppies should never be boarded until the entire series of puppy shots is completed because of the risk of infection.

Whenever pets are left home alone, there is always a chance of them developing separation anxiety. Symptoms of separation anxiety include barking and howling, chewing, digging and other destructive behaviors, even if they don’t typically do those things.

“It’s all about fear of the unknown,” Hoopes said. “To reduce this anxiety, get the dog outside and keep the routine the same. Have someone they know coming to take of them and take them for walks.”

Traveling with pets can be a great experience for everyone

involved if done correctly. Just remember that for some pets, vacationing may not be their favorite thing.

“Traveling with pets is great. They are a part of the family and it can really add to your vacation,” Hoopes said. “Pets usually do enjoy it, but it is also very individual to the animal. Some pets like it, others don’t. If they don’t like it or won’t handle it well, don’t put them through it.”

*This article was written by Aubree Thomas,
aubree.thomas@usu.edu*

Contacts:

Karl Hoopes, karl.hoopes@usu.edu

Allison Willoughby, allison.willoughby@usu.edu

Ask an Expert // Tips for Summer Adventures in Utah’s Outdoors



Take advantage of all our state has to offer with these tips for outdoor adventures at state and national parks.

Utah is home to five national parks – Arches, Bryce Canyon, Canyonlands, Capitol Reef and Zion – as well as many other amazing outdoor recreation destinations, including 43 state parks. With summer travel plans in the works for many families, consider these tips to help you get the most from your outdoor adventure.

- Timing is everything.
 - With millions of people from all over the world traveling to Utah's parks, it's important to plan your visit when crowds and heat are at a minimum. Arriving before 8 a.m. can help with both. Knowing where you want to go and getting there early can help ensure the experience you hope for.
 - Try to get to the most heavily used trails and sites early, or save them for later in the day. Heavily visited trails, like Angel's Landing in Zion National Park or crowded sites like Delicate Arch in Arches National Park, receive the most use in the middle of the day.

- Location matters.

- Before you arrive at the park, map out the sites you want to see. Having a plan will save you time and the frustration of having to make last-minute decisions.
 - Learn about the trails and sights that are farthest from the visitor's center, as these are often visited less.
 - If you do want to stop at the visitor's center, do so on your way out of the park and not on your way in. Visitor's centers tend to be less crowded later in the day, which will give you more time to talk with park rangers and learn about the park's resources.
 - Getting in and out of many of Utah's remote parks can take time. To avoid spending much of your vacation time in the car, camp within the park or stay as close to it as possible. Also know that most parks have more than one access point.
-
- Use resources on the Internet.
 - Save time by purchasing your passes online. National Park passes can be purchased at store.usgs.gov/pass. State Park passes can be purchased at stateparks.utah.gov/resources/passes.
 - For campsite reservations within the National Parks, visit recreation.gov. For campsite reservations within Utah's State Parks, visit utahstateparks.reserveamerica.com.
 - For National Park maps, go to npsmaps.com.
 - For information on traveling with children, go to visitutah.com/plan-your-trip/traveling-with-children.

This article was written by Jordan Smith, Utah State

*University Extension outdoor recreation and tourism specialist
and USU Institute of Outdoor Recreation and Tourism director*

Creating Staycation Memories



LIVE WELL UTAH

You don't have to drive for days or hop on a plane to have a fun, relaxing break from the daily grind. Check out these expert tips on taking a staycation.

Taking a family vacation is a great way to connect and make fun memories that can last a lifetime, but they can be pricey. Having fun as a family doesn't need to break the bank. Creating fun family memories is possible at a fraction of the cost by taking staycations, or in other words, choosing vacation destinations and activities somewhere close to home so you can reduce the need for hotel stays and other travel costs. Staycations = vacation fun for less \$\$.

Because home is often considered base camp, it may be helpful to set some ground rules as a family to help your staycation feel like a true vacation. Consider the following:

Decide on a budget. Deciding ahead of time how much you can afford to spend can help you decide what activities will fit into your summer without creating financial stress or debt.

Make a plan. Decide when your staycation is beginning and ending and what activities you will be doing. Aim to incorporate something that will be fun for everyone. No matter what you choose to do, just remember that staycations are about spending time together and making memories.

Pretend you aren't home. Although you may sleep or eat some meals at home, pretend you are not at home. For example, if you were on vacation you probably wouldn't be doing house chores, going to a friend's house, or checking work emails, so the same rules should apply to the designated time for your staycation.

Keep it simple. While staycations may mean a full day of travel and activity or even staying overnight somewhere, it doesn't have to. For families with young children, going to a

museum or waterpark close to home and then coming home for naptime or nightly routines may make a much more enjoyable vacation than full day adventures.

Staycation ideas are virtually endless and really depend on your location, interests and budget, but consider these ideas to get you started:

1. Get beachy at Bear Lake. Relax on the beach, play in the water, make sandcastles, or rent a kayak. While you are in the area, watch a play, go for a bike ride, check out the Minnetonka Cave or get a famous raspberry shake.
2. Go river rafting on the Colorado River, Green River or other river close to home. There are many guided tours available and lunch or admission to other attractions is often included.
3. Turn Salt Lake City into a large scavenger hunt as you complete challenges and solve clues to discover overlooked gems in the city and learn about local history. See www.visitsaltlake.com for more information.
4. Play in Park City for the day. Take a tram to the top of a mountain to enjoy the view and then hike, zip line or slide down. Check out the Utah Olympic Park freestyle shows and museum or go shopping at the outlets.
5. Enjoy a tasty day on a Cache Valley food tour. While in Logan, check out some historical sites, go for a hike in Logan Canyon, or visit the Willow Park Zoo.
6. Plan a year of fun with the Connect Pass which allows entrance to 13 select attractions including Discovery Gateway, Thanksgiving Point, Hogle Zoo, Clark Planetarium, The Leonardo, Natural History Museum of Utah, Snowbird Resort, and more.
7. Visit Heber Valley to snorkel, swim or soak in the geothermal spring. While you're in the area, take a tour of the Heber Valley cheese factory.
8. Check out reduced price days at local arcades/fun centers or movie theatres. Many have special pricing on

attractions for the summer months.

9. Enjoy local free offerings such as movies, art, science, or music in the park, farmer's markets or free days at local attractions. Check out these links for additional information in the Ogden area:
<http://ogdenamphitheater.com/#>,
<https://scienceintheparks.org/>,
<http://www.webercountyutah.gov/ramp/>.
10. Enjoy the great outdoors. Utah is full of state and national parks, not to mention all the beautiful canyons, lakes and mountain areas. Go for a hike, a bike ride, have a picnic and explore what people come from all over the world to see! Get in to the parks free

August 25-28th in honor of the National Park Service Birthday.

Staycations are a wonderful tool to connect with each other and strengthen family relationships while playing and creating treasured memories. Wishing you a wonderful summer of family fun and adventures.

This article was written by Naomi Brower, USU Extension associate professor, Weber County

Ditch the Chips! // Top 10 Tips for Healthy Road Trips



Where is your next road trip destination? Wherever you are headed, ditch the chips and follow these tips to stay healthy on the road!

Summer time is often filled with road trips. Living in Utah, there are often wide and vast stretches of highway between destinations, and most breaks include gas stations and tourist attractions that are known to stock sugary drinks, candies, sweets and salty snacks. It's not always easy to eat healthy foods while on the road, or any vacation for that matter, but it can be done.

Here are some ideas of how to be healthy on road trips and vacations:

1. Pack a small cooler with easy-to-eat healthy snacks (and wet wipes and garbage bags for easy clean up) such as:

- Apples (Be aware of Agriculture check points that won't allow fruit to pass through the border into California or other locations. Buy fruit after passing through.)

- String cheese and whole-grain crackers
- Pre-packaged yogurt tubes
- Trail mix and dried fruit
- Hummus and pre-cut veggies, like carrots, radishes, snap peas, bell peppers and hummus
- Celery and small individual-sized containers of peanut butter (check the peanut butter aisle for the small 1-2 tablespoon packages); pretzels also can be dipped in peanut butter for an easy snack
- Whole-grain bread and peanut butter and jam or cheese and lunchmeat

2. Take refillable water bottles to save cooler space and to avoid purchasing sugary beverages. They can also help you save money on buying beverages. Refill each time you stop for gas and restroom breaks.

3. When eating out, seek healthier options on menus, such as fruit cups or slices, milk, wraps, salads, rice and veggie bowls and whole-grain options of breads, tortillas and rice.

4. Use a navigation app on your smartphone to look for restaurants near you beyond the ones connected to the gas station when stopping to refuel. Consider non-burger fast food restaurants for variety and possibly healthier options, such as:

- Sandwich restaurants where you could split a larger sandwich with a family member and load up on those veggies options.
- Chinese food places often have more choices of veggies than other fast food restaurants.
- Mexican food where you can look for beans, rice and veggie options, but remember to eat less of the high-fat fried foods.
- Pita and wrap restaurants also offer fresh veggie options, but beware of high-calorie sauces.

5. Make farmers markets a destination around meal times. This is a great way to literally taste some of the local foods and culture. Most markets have more than just produce, so enjoy

many other vendors selling fresh breads, homemade tamales, side salads and more. Plus, you'll get to move and stretch your legs after all that driving.

6. Visit grocery stores or local bakeries at your destination to buy meals and/or replenish your healthy snack cooler. Consider whole-grain muffins, fruit and small milk containers for breakfast or instant oatmeal packets you can make by using hot water from gas stations or hotel room coffee makers.

7. Plan moving time. Search for places along the way to discover by walking, hiking, biking or swimming adventures to break up driving time and get your body moving. It might take a little extra time, but together with choosing varieties of fruits and veggies, moving your body will help you feel more energized, help you sleep better and help keep you "regular," if you know what I mean.

8. Make gas and restroom breaks a physical activity break—walk, run, do some yoga, stretches or dance. You could even have races with the family. Consider ordering your meals take-out and head to a picnic spot at a local park to enjoy fresh air and more opportunities to get up and move your body.

9. Save treats for the events and special destinations of your trip. This will save your car from sugary, sticky spills and melts, and also help reduce calories consumed.

10. Plan non-food activities in the car to pass time and to avoid the snacking-from-boredom syndrome. Listen to audio-books the whole car can enjoy, make videos of the family rocking out to a favorite song, sketch Picasso-like portraits of each other without looking at the paper, play "I Spy," bingo or read books and articles about the history of places you're heading to visit.



Melanie Jewkes works part time in Salt Lake County and has worked for USU for 6 years. The best part of her job is learning and relearning some of the things that matter most—loving and caring for marriage and family, living within your means, and growing, cooking and eating delicious, nutritious food. She is married with two adorable children and lives in Taylorsville.
