

# Travel with Pets

Nowadays, people often prefer to take their pet with them on holidays, instead of leaving them in boarding kennels or with a house-sitter.

Remedies to take with you would be covered in the basic travelling homoeopathic first aid kit, such as [Apis](#) for bee stings, [Arnica](#) for the odd accident or sprain and [Hypericum](#) for scrapes, scratches or a pulled toe nail.



Eating rubbish or someone else's food can lead to a bout of the runs so [Arsenicum](#) can be very useful here. Also useful to treat diarrhoea in (any species) is **Slippery Elm** powder – mix 1 – 2 teaspoons into food or liquid to soothe the bowel lining quickly and safely.

Contact with other dogs can result in Kennel Cough; a dose or two of [Kennel cough 30c](#) before you leave on holiday means you won't have to endure a coughing dog keeping you awake in the caravan.

Some breeds of cat are well suited to riding in cars such as the Bengal. Most dogs love cars, but can be over-enthusiastic so a harness for dogs which doubles as a seat belt connection is highly recommended and is far safer than having the dog bounding around the moving car. It has a large metal "D" which the seat belt runs through.

Anxious dogs will manage change better with a few doses of [Ignatia](#) and [Aconite](#) or [Arsenicum](#). To settle car sickness; mix some ginger into a small meal prior to travel, a drop of Peppermint oil on the collar or the remedies [Ipecac](#), [Petroleum](#) or [Cocculus](#).

The booklet "Holidaying with your Dog" contains the names of camping, chalet and other accommodation where you can take your dog with you on holiday. You can buy it from the RAC and other outlets like camping shops.

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**Repetition of doses:** As a general rule you should reduce the doses of a remedy as it starts to act and not continue once the situation has resolved.

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