

The Prepared-Dog Planner



Six practical pages for emergencies, medical details, puppy routines, pet sitters, and evacuation plans - built for the moment when your brain has more urgent things to do.

01 Emergency kit checklist

Food, water, medication, records, restraint, cleanup, and comfort.

02 Health record

Veterinarian, vaccine, medication, allergy, and microchip details.

03 Daily rhythm

A flexible puppy schedule that tracks sleep, meals, bathroom trips, and training.

04 Care handoff

A sitter-ready page for routines, quirks, contacts, and safety.

05 Evacuation plan

Destinations, backup caregivers, routes, and a final leave-now check.



THE PREPARED-DOG PLANNER

Emergency kit checklist

Aim for two weeks of food, water, and medication when practical. Rotate dated supplies and review the kit at least twice a year.

Food and water

- ☐ Two-week food supply when practical
- ☐ Water supply and refill plan
- ☐ Manual can opener if needed
- ☐ Non-spill food and water dishes
- ☐ Feeding instructions and measuring scoop

Medication and records

- ☐ Two-week medication supply if possible
- ☐ Medication names, doses, and schedule
- ☐ Vaccination and medical records
- ☐ Microchip and ownership details
- ☐ Recent photo of you with your dog

Leaving safely

- ☐ Carrier or crate labeled with contacts
- ☐ Leash, harness, and current ID tag
- ☐ Towel or familiar bedding
- ☐ Waste bags and cleanup supplies
- ☐ Pet-friendly destination confirmed

Useful extras

- ☐ Pet first-aid supplies
- ☐ Flashlight and spare batteries
- ☐ Comfort item or supervised chew
- ☐ Backup phone charger
- ☐ Waterproof pouch for paperwork

COMPLETE BEFORE STORING

Kit review

STORED AT _____

LAST CHECKED _____

NEXT REVIEW _____



THE PREPARED-DOG PLANNER

Health and medication record

Keep a copy in the emergency kit and a secure digital copy you can reach away from home. Update this page whenever care changes.

Dog and clinic details

DOG NAME _____	DATE OF BIRTH / AGE _____
BREED / DESCRIPTION _____	WEIGHT _____
MICROCHIP NUMBER _____	INSURANCE / POLICY _____
PRIMARY VETERINARIAN _____	CLINIC PHONE _____
EMERGENCY CLINIC _____	EMERGENCY PHONE _____

WRITE EXACTLY AS PRESCRIBED

Medication schedule

MEDICATION	DOSE	TIME	REASON	REFILL BY

Care notes and records

ALLERGIES / REACTIONS _____
CURRENT CONDITIONS _____
VACCINES / DUE DATES _____
DIET RESTRICTIONS _____
HANDLING OR FEAR NOTES _____



THE PREPARED-DOG PLANNER

Puppy daily rhythm

Use this as a flexible pattern, not a promise from the puppy. Young dogs often need bathroom trips after waking, eating, drinking, playing, and before confinement.

TRACK PATTERNS, NOT PERFECTION

Today's rhythm

TIME	BATHROOM	MEAL	PLAY / WALK	TRAINING	NAP / SETTLE

TINY DETECTIVE WORK

What did you notice?

CALMEST AFTER _____

CHAOS STARTED AFTER _____

TOMORROW TRY _____



THE PREPARED-DOG PLANNER

Pet sitter handoff

Give the caregiver enough detail to keep the day predictable - including the unglamorous quirks that prevent preventable problems.

The essentials

DOG NAME / NICKNAME _____

MY PHONE _____

BACKUP PERSON / PHONE _____

VETERINARIAN / PHONE _____

KEEP IT FAMILIAR

Routine

MEALS / AMOUNTS _____

MEDICATION _____

BATHROOM TIMES _____

WALK / ACTIVITY _____

SLEEP SETUP _____

ALLOWED TREATS _____

PLEASE DO NOT IMPROVISE

Safety

KNOWN FEARS _____

DOOR / ESCAPE RISK _____

DOG INTERACTIONS _____

FOOD RESTRICTIONS _____

HANDLING LIMITS _____

DO NOT ALLOW _____

THE THINGS ONLY YOU KNOW

The weird little details

BEST COMFORT CUE / ITEM _____

HOW THEY ASK TO GO OUT _____

WHERE SUPPLIES ARE KEPT _____

ANYTHING ELSE THAT PREVENTS CHAOS _____



THE PREPARED-DOG PLANNER

Evacuation plan

Decide the first destination, backup destination, and backup caregiver before an alert. A plan works better after one calm practice run.

CONFIRM PETS ARE ACCEPTED

Where we will go

PRIMARY DESTINATION _____

ADDRESS / PHONE _____

BACKUP DESTINATION _____

ADDRESS / PHONE _____

PRIMARY ROUTE _____

BACKUP ROUTE _____

If I cannot get home

BACKUP CAREGIVER _____

PHONE _____

ACCESS INSTRUCTIONS _____

MEETING POINT _____

ONE FINAL SWEEP

Leave-now check

☐ Dog secured on leash or in carrier☐ Emergency kit and medication loaded☐ Phone, keys, wallet, and charger☐ Destination and route confirmed☐ Backup caregiver notified☐ Doors and utilities handled if safe

REVIEW THIS PLAN EVERY SIX MONTHS AND AFTER ANY ADDRESS, PHONE, DIET, OR MEDICATION CHANGE.

Sources: cdc.gov/healthy-pets/emergency-preparedness/ and avma.org/resources-tools/pet-owners/emergency-care