New Cat Checklist

A new cat checklist for bringing home an adult or any cat, covering supplies, settling in, and building a routine.

Supplies to have ready

- [ ] Stock the food your cat already eats to avoid stomach upset.
- [ ] Get food and water bowls, ideally placed apart.
- [ ] Set up a litter box with a litter your cat knows.
- [ ] Provide a secure carrier for vet trips and travel.
- [ ] Offer a bed, a scratching post, and a few toys.
- [ ] Add grooming basics like a brush and nail clippers.

Preparing your home

- [ ] Cat-proof rooms by removing toxic plants and chemicals.
- [ ] Secure cords, blinds, and small swallowable items.
- [ ] Close off unsafe gaps, balconies, and tilting windows.
- [ ] Set up a quiet safe room with a hiding spot for the first days.
- [ ] Place the litter box away from food in a low-traffic area.
- [ ] Plan to keep things calm for the first days at home.

First vet visit

- [ ] Schedule a wellness exam soon after bringing your cat home.
- [ ] Bring any records and a stool sample if requested.
- [ ] Confirm vaccination status and any boosters needed.
- [ ] Discuss flea and worm prevention.
- [ ] Ask about the right food and amounts for your cat's age.
- [ ] Update microchip details and ask about spay or neuter if not done.

Settling in calmly

- [ ] Start your cat in one quiet room before the whole house.
- [ ] Let your cat hide and emerge on its own schedule.
  Avoid forcing contact in the first days.
- [ ] Keep visitors, noise, and changes to a minimum.
- [ ] Sit calmly nearby so your cat gets used to your presence.
- [ ] Show your cat the litter box, food, and water early.
- [ ] Watch for stress signs and give space when needed.

Building a routine

- [ ] Set consistent feeding times right away.
- [ ] Scoop the litter box daily to keep it inviting.
- [ ] Offer daily play sessions to build trust and burn energy.

- [ ] Provide perches, scratching, and enrichment around the home.
- [ ] Keep rest and quiet time predictable.
- [ ] Introduce more of the house gradually as confidence grows.

Introductions and safety

- [ ] Introduce existing pets slowly through scent before meeting.
- [ ] Supervise interactions with children and teach gentle handling.
- [ ] Keep ID and a recent photo in case your cat gets out.
- [ ] Check screens and doors to prevent escapes.
- [ ] Save your vet and nearest emergency clinic numbers.
- [ ] Important: This is general information, not veterinary advice. Always consult a veterinarian about your cat's vaccinations, diet, and health.