

FREE PRINTABLE

New cat first-week checklist

A calm, practical setup list for the first seven days - led by the cat, not the clock.

BEFORE ARRIVAL

- ☐ Choose one quiet base room with a closable door.
- ☐ Set up food, water and litter in separate areas.
- ☐ Add a covered hiding place, open bed, scratcher and a stable high spot.
- ☐ Check windows, cords, plants, tiny objects, appliances and escape gaps.
- ☐ Confirm food, litter, medical history and microchip details.

DAYS 1-3

- ☐ Keep voices, visits and handling gentle and optional.
- ☐ Check that the cat eats, drinks and passes urine and stool.
- ☐ Sit quietly nearby; let the cat choose whether to approach.
- ☐ Keep the carrier open with familiar bedding inside.

DAYS 4-7

- ☐ Offer one short play session when the cat looks ready.
- ☐ Open more space only when the cat is eating, toileting and exploring confidently.
- ☐ Book or attend the veterinary check.
- ☐ Write down one food, toy and resting place the cat prefers.

Seek veterinary advice promptly if the cat is not eating, strains to urinate, has breathing trouble, repeated vomiting, collapse or a suspected toxic exposure.

MOLLY & TIGER APPROVED