

Safe Spaces for Cats Checklist

Cats need quiet, predictable places to feel safe—especially during stressful seasons like Halloween, holidays, or household changes. Use this checklist to set up hiding spots and secure spaces that help your cat feel calm and protected.

At Home

- Provide at least one hiding spot per cat (e.g., covered bed, box, or carrier).
- Set up vertical escapes like cat trees, shelves, or window perches.
- Place familiar bedding or your clothing inside hiding spots for scent comfort.
- Designate a quiet room during holidays or parties where cats won't be disturbed.

During Seasonal Stress (Halloween, Holidays, Visitors)

- Keep cats indoors during noisy events or trick-or-treating.
- Play soft background music or white noise in safe rooms.
- Introduce guests gradually—let cats approach at their own pace.
- Keep decorations, candles, and toxic plants out of reach.

For Outdoor & Community Cats

- Provide insulated shelters hidden from public view.
- Maintain consistent feeding schedules, even during holidays.
- Ensure shelters are elevated and weatherproof for fall/winter.
- Work with neighbors to minimize disruptions near colony areas.

Health & Wellness

- Monitor appetite, litter box use, and energy levels—sudden hiding may mean illness.
- Schedule a vet checkup if hiding behavior changes suddenly or lasts longer than 48 hours.
- Use calming aids (pheromone diffusers, sprays, or treats) if recommended by your vet.

Remember: Safe spaces reduce stress and build trust.
Download more resources
at Cat Care Kits on [Gilufunds.org](https://gilufunds.org).

