



HOW TO HARNESS TRAIN YOUR CAT

INTRODUCTION

Hello, my cool Cats,

We are Julie, Daniel & Nala from
[@Somewhat.Gypsea](#)

We have just completed our Lap of Australia & are currently in Europe undertaking a Vanbuild ourselves with the help of our little assistant Nala (our rescued cat).

As you imagine road-tripping Australia for two years with Nala we have learned valuable tips & gain priceless first-hand experience on how to Travel with a cat.

Too valuable to keep for ourselves, So if you are looking for some hot tips on how to join the Adventure Cat Movement these free guides are for you!

We hope they inspire & help you the same our Community Inspired us to Start Exploring ;)

1. INTRODUCTIONS

Let your cat familiarise itself with the smell & texture of this new object, simply put the new harness on the floor in the same room as your Cat & wait for them to become acquainted.

2. HARNESSING YOUR CAT 🐱

Put the harness on your cat but don't fasten it just yet, instead watch how your Cat reacts to this new thing. When your cat is comfortable with having the harness on then move on to fastening the harness on your kitty. Use positive behavior reinforcement each time your kitty is cooperative.

Many cats will flop & play dead the first time they wear a harness and it's ok.

It's because cats don't realize they can move while wearing a harness, but they will understand with time. We recommend playing with your cat to create a distraction.

3. HARNESS TRAINING AT HOME

Have a dedicated time for harness training at home & keep at it (consistency is key)

From experience, a short session each day works best, but slowly increase the amount of time your Cat wears the harness. One of the biggest milestones you will get through is to witness your cat not only walking, trotting, or playing in their harness but it is to witness a jump!

This will indicate that your Cat has fully understood the harness is not an obstacle to its freedom.

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4. LEASH ON

Ok now, what is the point of having a harness on if you don't have a leash right?

So it is time to get your Cat familiarised with walking on a leash and we definitely recommend doing so before getting past the front door.

Don't try to control your Cat, let your cat walk you around but still let your Cat familiarise itself with that "pull feeling" from the leash.

Positive reinforcement treats, and distractions are all still welcome at this stage!

5. LET'S GO OUTSIDE

Start small, think close to home such as your garden or apartment corridor for example.

We recommend choosing a place somewhat familiar & with the least possible distractions at first.

Sometimes to diminish the amount of distraction simply changing the time at which you go somewhere has the biggest impact as for traffic increase or decrease throughout the day.

If you go to a park, chose one with the least distraction possible (wildlife, noise, etc). We only recommend that you take them somewhere less familiar like a park once your Cat has established that its backpack or carrier is a safe place so that kitty always has this to fall back on if uncomfortable at any point.

6. LEVEL UP

Slowly increase the amount of time you spend outside together. Slowly, change locations & increase the number of distractions. This is the most ongoing step as there are infinite options as to what you can do outdoors together, some kitty hike, kayaks, swim, or even ski, but remember everyone is on their own journey and it also goes for your kitty, so no pressure there. Just remember to always be safe, build confidence and have fun.

Always bring your Cat's place with you and other essentials to ensure both of you are safe

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7. CONSISTENCY

Consistency is key.

Don't allow your Cat to forget all the progress made, all the skills and confidence acquired!

The best way is simply to keep at it, don't allow too much time between each Cat Exploring session

⚠ Always let your kitty decide what to do, watch your Cat's body language to see if it becomes uneasy, uncomfortable, or unhappy exploring & if so don't force your Cat to continue the training session. Let's return to your Cat's safe place & find inner peace again.

