



House Sitting Starter Kit

**Practical Checklists • Planning Pages • Pet Care
Templates • Helpful Worksheets**

Safe Haven Sitters 2026

INTRODUCTION

Whether you are new to house sitting or simply want a more organized and stress-free experience, this starter kit was designed to help you feel more prepared and confident before, during, and after a house sit.

Inside you'll find practical checklists, planning pages, pet care templates, and helpful worksheets based on over 12 years of real-world house and pet sitting experience throughout Canada, Costa Rica, and Mexico.

Use these pages to stay organized, communicate clearly with homeowners, and create smoother, more enjoyable house sitting experiences for both you and the pets in your care.

We hope this kit helps make your house sitting journey easier, safer, and more rewarding.

— Mary Ann & CJ
Safe Haven Sitters



safehavensitters.com

HOUSE SITTING PACKING CHECKLIST



ESSENTIALS

- ☐ Passport/ID
- ☐ Wallet/Purse
- ☐ Phone and Charger
- ☐ Laptop and Charger

WORK ESSENTIALS

- ☐ Headphones
- ☐ Backup Internet Device
- ☐ USB or other saving device

PERSONAL

- ☐ Medication
- ☐ Sunscreen
- ☐ Reusable Water Bottle
- ☐ Toiletries

HELPFUL EXTRAS

- ☐ Flashlight
- ☐ Lint Roller
- ☐ Extension Cord
- ☐ Backup Charging Cable
- ☐ Portable Battery Pack
- ☐ Small Notebook or Journal

Experience Tip

On one recent sit, we discovered there were very few accessible outlets after the homeowner had recently moved. We ended up purchasing an extension cord to make our remote work setup more practical and comfortable.



NOTES

ARRIVAL CHECKLIST

ARRIVAL CHECKLIST

- ☐ Meet pets and review routines
- ☐ Confirm feeding instructions
- ☐ Test Wi-Fi connection
- ☐ Review alarm/security system
- ☐ Locate cleaning supplies
- ☐ Confirm emergency contacts
- ☐ Check keys and remotes
- ☐ Review garbage/recycling schedule
- ☐ Ask questions before the homeowners leave

NOTES

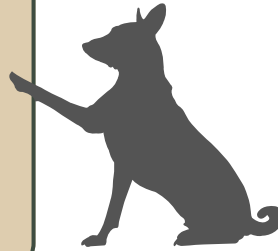
DEPARTURE CHECKLIST

DEPARTURE CHECKLIST

- ☐ Wash dishes/bedding
- ☐ Empty garbage/recycling
- ☐ Remove personal items
- ☐ Double-check doors/windows
- ☐ Return keys/remotes
- ☐ Leave pet care notes
- ☐ Confirm pets are settled
- ☐ Final homeowner update

Experience Tip

Whenever possible, we like to wash linens and remake the bed before homeowners return – especially after longer sits or if we have used the primary bedroom. Small gestures like this can help homeowners return to a cleaner, more comfortable home after travelling.



NOTES

RED FLAG CHECKLIST

Not every house sit will be the right fit — and that's okay. Paying attention to warning signs early can help avoid stress, misunderstandings, and uncomfortable situations later.

- ☐ Vague or incomplete pet care instructions
- ☐ Last-minute changes to responsibilities
- ☐ Poor or inconsistent communication
- ☐ Hidden expectations not discussed initially
- ☐ Pets with serious behavioural issues that were minimized
- ☐ Unrealistic expectations about how long pets can be left alone
- ☐ Concerns about safety, security, or property conditions
- ☐ Pressure to commit quickly without enough information
- ☐ Homeowners unwilling to answer reasonable questions
- ☐ No emergency contacts or vet information provided
- ☐ Extremely cluttered or unsafe living conditions
- ☐ Unclear sleeping arrangements
- ☐ No reliable internet when remote work is required

Experience Tip

If something feels unclear or uncomfortable before a sit begins, trust your instincts and ask questions. Good communication and clear expectations are important for both homeowners and sitters.



NOTES

PET FEEDING SCHEDULE

PET INFORMATION

Pet Name

Age

Gender

Breed

DAILY FEEDING SCHEDULE

Meal	Time	Food Type	Quantity	Special Notes

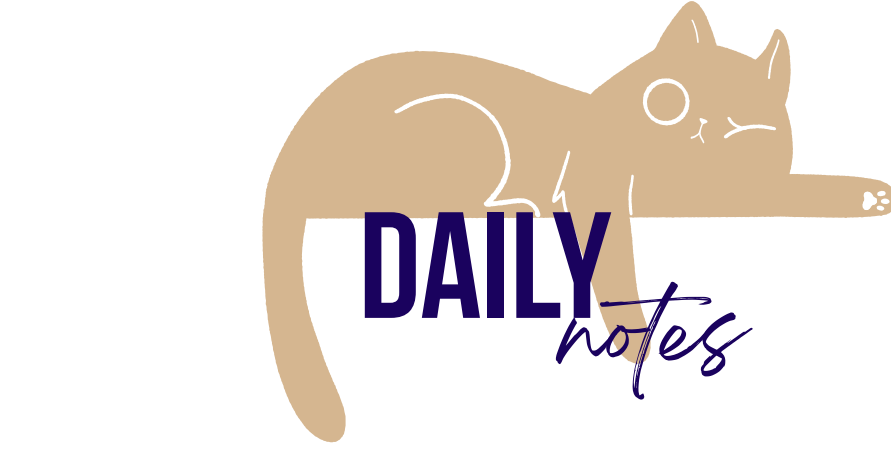
Experience Tip

Always confirm feeding amounts directly with the homeowner.



NOTES

NOTES

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

MEDICATION TRACKER

PET INFORMATION

Pet Name

Age

Gender

Breed

MEDICATIONS

Medication Name	Purpose	Dosage	Frequency

Experience Tip

Medication routines are worth reviewing twice before the homeowner leaves.



NOTES

VET INFORMATION SHEET

PET INFORMATION

Pet Name

Age

Gender

Breed

VET INFORMATION SHEET

Date	Vet Name	Reason

NOTES

EMERGENCY CONTACT NUMBERS

EMERGENCY CONTACT NUMBERS

NAME	PHONE #	EMAIL/OTHER
HOME OWNER		
NEIGHBOUR		
FAMILY		
VETERINARIAN		
OTHER		

Experience Tip

Always make sure you have more than one emergency contact available during a house sit. If one person cannot be reached, having backup contacts such as a family member, neighbour, or trusted friend can make stressful situations much easier to manage.



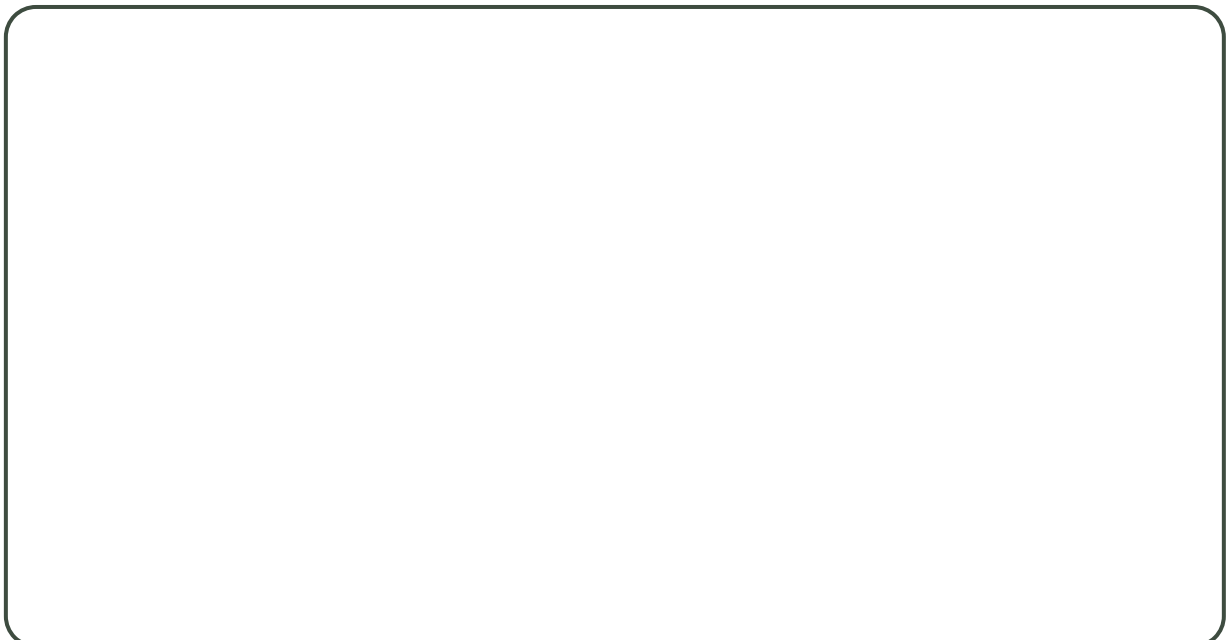
NOTES

IMPORTANT HOUSE INFORMATION

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- Wifi Network
- Wifi Password
- Alarm/Security Instructions
- Garbage/Recycling Schedules
- Plant Care Instructions
- Mail/Package Instructions
- Appliance Notes
 - water quirks/water shutoff
 - stove instructions
 - location of breakers
 - gate remotes
 - coffee maker and blender
 - laundry facilities
- Spare Key Location

NOTES



FLIGHT INFORMATION

HOMEOWNER TRAVEL INFORMATION

DEPARTURE INFORMATION

DATE	
AIRLINE	
FLIGHT NUMBER	
DEPARTURE TIME	

ARRIVAL INFORMATION

DATE	
AIRLINE	
FLIGHT NUMBER	
ARRIVAL TIME	
DESTINATION/TIME ZONE	
BEST CONTACT METHOD	
PHONE/WHATSAPP	
EMAIL	

NOTES

END-OF-LIFE ARRANGEMENTS

While difficult to discuss, it can be helpful to have clear instructions in place in the event of a pet's unexpected passing during a house sit. Having these conversations ahead of time can reduce stress and uncertainty during an emotional situation.

END-OF-LIFE ARRANGEMENTS

PREFERRED VETERINARIAN	
EMERGENCY CONTACT PERSON	
CREMATION OR BURIAL PREFERENCES	
PREFERRED PET CREMATION SERVICE	
SPECIAL INSTRUCTIONS OR WISHES	

Experience Tip

The first time we brought up this topic during a house sit, the homeowners were surprised — but very appreciative.

They later mentioned in their review that it was an important conversation and encouraged other homeowners and sitters to discuss it as well.

While it may feel uncomfortable initially, having a plan in place can help reduce stress and uncertainty during an emotional situation.



NOTES

FINAL NOTES

House sitting can be an incredibly rewarding way to travel, experience new places, care for wonderful pets, and build meaningful connections along the way.

The more prepared and organized you are before a sit begins, the smoother and more enjoyable the experience is likely to be for both you and the homeowner.

— Mary Ann & CJ
Safe Haven Sitters

“Built on trust, experience, and a love of animals”.

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 [Instagram](#)

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