

New Kitten Checklist

Essentials:

- **Canned Food:**
 - Purina Pro Plan Complete Essentials Poultry Flavors (not kitten food – regular)
 - Friskies Shreds or Prime Fillets Poultry Flavors (not kitten food – regular)



- **Dry Food:**
 - Purina Pro Plan Kitten Chicken & Rice Formula – Complete Essentials
 - If you change to a different food, please do so slowly by mixing in a little at a time to avoid upset stomach. Pet food stores have higher quality foods compared to grocery store brands. Try to make sure that meat or seafood is listed as the first ingredient.



- **Bowls for Food and Water:**
 - Ceramic or stainless steel are recommended. Bengals love pet water fountains.
- **Litter:**
 - Tractor Supply Natural Pine Pelletized Bedding for Horses and Small Animals
- **Litter Box:**
 - Start with normal 4-6” tall litter box and upgrade to deeper larger litterbox to limit litter being flung on the floor. Bengals are athletic. You can switch to whatever you prefer but should start with this brand so that they “go” where you want them to.



- Bedding and blankets
- Nail trimmer
- Scratching posts or blocks
- Toys – a wide variety of toys with different textures, sizes, and types like mice, wand toys, feathers, cat nip and laser points. Avoid toys they can swallow that may get caught in their digestive systems such as string or garland.
- Flea preventative
- Sturdy cat carrier

Additional Fun Things They Will Enjoy:

- Cat running wheel – size larger such as One Fast Cat – Smaller ones will hurt their backs
- Outdoor screened in areas/cat patio
- Harness with leash to walk outside and go for rides/adventures
- Cat tree or other safe climbing structures and/or cat wall shelves
- Cat Backpacks - If you love to go on long outdoor adventures

Recommended To Do's:

- When you get home, close off one room to let your cat explore by themselves (without other pets). You will have their litter box, food, water, a comfy bed and some toys in this room. Let them take as much time as needed to adjust, get used to the smells and sounds, meet other resident pets under the door, and come out of their carrier at their own pace. It may take a few weeks until they are comfortable, and your existing animals are comfortable and adjusted to the change.
- Schedule your kitten's vet appointment for the remainder of their vaccinations and spay/neuter by 6 months.

THINGS TO AVOID:

- **KETAMINE:** Make sure any medical files at any vet your Bengal goes to has **"NO KETAMINE"** in their file as Asian Leopard cats (in the Bengal's hybrid lineage) cannot tolerate this drug and it may cause their heart to stop.
- **HOUSE PLANTS:** Check to make sure that any house plants you have are cat safe and if they are not, assure the never have access to them.

Steer clear of these greens, or put them in a hanging container out of Kitty's reach:*

- Aloe
- Azalea
- Chrysanthemum
- Lily
- Mistletoe
- Poinsettia
- Rhododendron
- Tulip
- Holly

This is only a partial listing of plants that may be harmful to your cat. Visit [ASPCA](#) for a more comprehensive list.

- **ESSENTIAL OILS:** Do not utilize scents or essential oils that cats are allergic or sensitive to in your home as they can be extremely toxic and cause them to go into a medical emergency or death.

Many essential oils are toxic to cats, including Tea Tree, Peppermint, Citrus, Cinnamon, Clove, Pine, Wintergreen, Eucalyptus and even small exposures can be dangerous.

Why Essential Oils Are Dangerous for Cats

Cats lack certain liver enzymes, particularly glucuronyl transferase, which makes it difficult for them to metabolize compounds like phenols and salicylates found in essential oils. This can lead to toxic buildup, organ damage, and potentially lifethreatening conditions if oils are ingested, inhaled, or absorbed through the skin. Even diluted oils can pose risks, and cats are especially sensitive to concentrated forms.

Common Toxic Essential Oils

- Tea Tree (Melaleuca): Highly toxic; can cause severe poisoning even in small amounts.
- Peppermint: Contains menthol and salicylates, leading to gastrointestinal upset and respiratory distress.
- Citrus Oils (Lemon, Lime, Orange, Bergamot): Contain Dlimonene, which is toxic to cats.
- Cinnamon and Clove: High in eugenol, causing liver toxicity and allergic reactions.
- Pine and Wintergreen: Contain methyl salicylate, like aspirin poisoning.
- Eucalyptus and Ylang Ylang: Can cause respiratory distress and other toxic effects.
- Pennyroyal: Known to cause liver failure in cats.
- Bergamot: Even minimal exposure can be harmful.
- Clove: Can irritate the skin and cause systemic toxicity.

Symptoms of Essential Oil Poisoning

- Cats exposed to toxic oils may show:
- Drooling or vomiting
- Lethargy or weakness
- Tremors or unsteady walking (ataxia)
- Red or irritated skin if applied topically
- Difficulty breathing or respiratory distress
- Seizures or collapse in severe cases

Safety Recommendations

- Avoid using essential oils around cats entirely, especially in diffusers or cleaning products.
- Never apply oils directly to a cat's skin, fur, or paws.
- Store oils securely out of reach of pets.
- Ensure proper ventilation if diffusing oils and allow cats to leave the room freely.
- Seek immediate veterinary care if exposure occurs, even if symptoms are not immediately visible.

By following these precautions and avoiding the listed toxic oils, you can significantly reduce the risk of poisoning and keep your cat safe.