



Autism & Travel Safety Checklist



Before You Go

- Research the destination (sensory load, crowds, noise, layout)
- Google address to identify nearby water hazards (ponds, lakes, canals)
- Choose lodging away from murky or unfenced water when possible
- Research medical care, pharmacies, and emergency services nearby
- Review TSA accommodations or enroll in Wings for Autism if flying
- Prepare visual schedules and social stories for travel days and activities
- Set clear supervision rules for all caregivers
- Establish a one-door entry/exit policy for lodging

Wandering & Elopement Prevention

- Assign constant supervision, especially during transitions, use Wander Watcher Tag
- Use door alarms, baby monitors, and stop signs in rentals/hotels
- Do a safety sweep of lodging upon arrival
- Review emergency response steps with all adults
- Prioritize checking nearby water if a child or dependent goes missing

Sensory & Anxiety Supports

- Bring preferred foods, snacks, and comfort items
- Plan quiet breaks and downtime each day
- Allow flexibility, adjust plans based on regulation, not schedules
- Identify quiet spaces at attractions or airports
- Prepare calming strategies for travel delays or disruptions

Transportation Safety

- Download entertainment in advance (no Wi-Fi needed)
- Choose seating/timing that minimizes overload when possible
- Plan movement breaks for car travel
- Keep essential items accessible (not packed away)

