



Autism Travel Packing List



Safety & Elopement Prevention

- Temporary door alarms
- Baby monitor or motion sensor
- Identification tools (shoe/wrist ID, tracking device)
- Recent photo of your child

Sensory & Regulation Supports

- Noise-canceling headphones or ear defenders
- Comfort items (blanket, stuffed animal, favorite toy)
- Fidgets or sensory tools
- Sunglasses or hat (light sensitivity)

Visual & Communication Supports

- Visual schedule (printed or digital)
- Social stories
- AAC device or communication tools
- Paper and markers/whiteboard

Medications & Health

- Medications (carry-on only if flying)
- Extra doses for delays
- Original prescription containers
- Medical documentation if needed
- First-aid essentials

Food & Dietary Needs

- Safe foods and preferred snacks
- Drinks or cups your child uses regularly
- Utensils or feeding tools if needed
- Backup food options

Travel Entertainment

- Tablet or device with chargers
- Downloaded movies, shows, games
- Books, puzzles, or activity kits
- Car or plane-friendly games

Clothing & Comfort

- Comfortable, familiar clothing
- Backup outfits
- Pajamas
- Swimwear

Other

- _____
- _____
- _____
- _____
- _____
- _____

