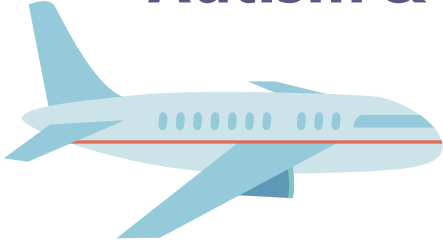


# Autism & Travel Safety



The **SafeTravels for Autism** framework offers a simple, quick-reference guide to help caregivers prepare, prevent common safety risks, and support regulation throughout the journey. Use TRAVELS as a reminder of the key steps that can make trips safer, smoother, and more enjoyable for everyone.

## T — Think Ahead

Start planning early so you can anticipate safety needs before leaving home. Research your destination, lodging, and nearby medical care, identify potential water hazards or high-risk areas, and share your travel plans and emergency contacts with trusted supports.

## R — Reduce Wandering Risk

New environments can increase the risk of wandering. Maintain close supervision in unfamiliar spaces, use door alarms, locative technology, wearable ID, baby monitors, stop signs, and other safeguards, and establish clear supervision roles so every caregiver knows who is responsible at all times. Use a one-door policy and keep all other doors locked. Avoid rentals with murky water like ponds nearby. Search water first if a child or dependent with autism is missing.

## A — Arrange Assistance

Take advantage of available disability supports. Contact TSA Cares before flying to request airport assistance, ask airlines about accommodations such as early boarding, and check with hotels about autism-friendly or accessibility supports ahead of arrival.

## V — Visualize the Journey

Preparation helps make travel more predictable and less stressful. Use visual schedules and social stories to explain each step of the trip, preview photos or videos of destinations and transportation, and practice routines whenever possible.

## E — Equip for Sensory Needs

Travel environments can be loud and overwhelming, so plan sensory supports in advance. Pack headphones, comfort items, and sensory tools, build in quiet breaks and downtime, and choose travel times or seating that help reduce overload.

## L — Load Health Essentials

Consistency supports safety and regulation while away from home. Pack medications in carry-on bags with extra doses, bring safe foods and preferred snacks, and keep medical documents and prescriptions easily accessible throughout the trip.

## S — Stay Flexible

Even the best plans may change, and flexibility is key. Build extra time into schedules, prepare backup plans for activities, and focus on safety, connection, and positive moments rather than completing a perfect itinerary.



National  
Autism Safety  
Council™

## TSA Cares Contact Center

(855) 787-2227

Weekdays:

8 a.m. to 11 p.m. ET

Weekends/Holidays:

9 a.m. to 8 p.m. ET

[tsa.gov/contact-center/form/cares](https://tsa.gov/contact-center/form/cares)

