Travel Day Plan

Tick each stage as we go. Draw or write what helps.

1 Leave home

What helps:

2 Check in

What helps:

3 Security

What helps:

4 Wait at gate

What helps:

5 Get on plane

What helps:

6 Fly

What helps:

7 Arrive

What helps:

Our travel kit

- ☐ Headphones
- ☐ Tablet and charger
- ☐ Chewy snacks
- ☐ Water
- ☐ Comfort item
- ☐ Spare clothes
- ☐ Sunflower lanyard
- ☐ Sensory map

Also bring: _____

If it gets too much

My signal: _____

Where we can go: _____

What we can say: "My child is autistic and needs a minute."