



VACATION PREPARATION

Checklist & Tracker

How to Use This Checklist

Use this simple checklist to stay organized and feel more prepared for a successful trip with your child.



- ♥ **Start early** – Begin planning and checking off items before your trip.
- ♥ **Use it as a guide** – Every family is different. Adjust based on your child's unique needs.
- ♥ **Take it with you** – Print or save a copy to track and update as you go.
- ♥ **Stay flexible** – It's okay if things change. You're doing your best!



BEFORE YOU GO

	TO DO	DONE
☐ Talk about the trip and what to expect	☐	☐
☐ Use a visual schedule or social story	☐	☐
☐ Check passport/ID (if needed)	☐	☐
☐ Book accessible transportation	☐	☐
☐ Confirm hotel accessibility	☐	☐
☐ Research sensory-friendly places	☐	☐
☐ Find nearby hospitals/urgent care	☐	☐
☐ Notify airline/transportation for special assistance	☐	☐
☐ Pack comfort items and sensory tools	☐	☐
☐ Prepare communication cards or device	☐	☐
☐ Check weather and pack appropriate clothing	☐	☐
☐ Print important documents (tickets, reservations, medical info)	☐	☐



You are not alone. We're in this together.



MEDICAL PREPARATION

- ☐ Pack medications (extra for backup)
- ☐ Copies of prescriptions and medical records
- ☐ Health insurance cards
- ☐ Emergency plan (what to do and who to contact)
- ☐ List of allergies and medical needs
- ☐ Contact doctor if needed before travel
- ☐ Pack first aid kit and supplies
- ☐ Bring any medical equipment needed
- ☐ Keep emergency contacts handy

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SENSORY & COMMUNICATION SUPPORTS

- ☐ Pack favorite comfort items
- ☐ Noise-canceling headphones
- ☐ Sensory toys / fidgets
- ☐ Visual schedule or communication cards
- ☐ Download helpful apps
- ☐ Plan quiet breaks during the trip
- ☐ Identify quiet spaces at your destination
- ☐ Practice new routines in advance (if possible)

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Notes: _____





DURING YOUR TRIP

- ☐ Keep to routines as much as possible
- ☐ Stay hydrated and eat regularly
- ☐ Allow for frequent breaks
- ☐ Use visual schedule each day
- ☐ Watch for signs of overwhelm
- ☐ Be flexible and adjust plans as needed
- ☐ Capture small moments and wins
- ☐ Keep important documents with you

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AFTER THE TRIP

- ☐ Allow time to rest and recover
- ☐ Talk about favorite moments
- ☐ Review what went well
- ☐ Note what could be improved
- ☐ Update your travel checklist for next time
- ☐ Thank your child for being brave!

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Important Reminders

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