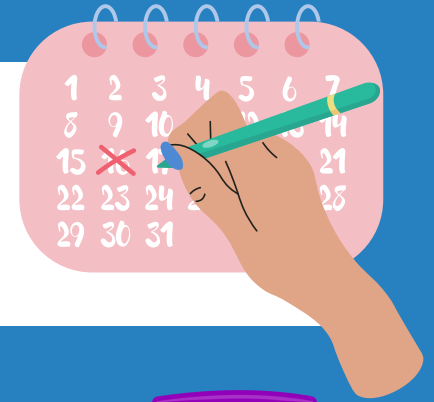


TRAVELING WITH ASD

01

MARK IT ON A CALENDAR

Prior to traveling, hang a calendar with the departure date clearly marked and have the individual check off each day until departure.



02

PRE-PACK MEALS & SNACKS

Terminals or pit stops may have limited assortment of foods, especially if there's dietary restrictions. Pack chewy food for someone who seeks sensory stimulation orally.



03

PACK SENSORY & COMFORT ITEMS

Traveling can overwhelm the senses of any traveler. Having a favorite item that smells like home can be soothing in such an environment.



04

BRING ENTERTAINMENT

Have a travel bag with iPad, books, coloring books, toys, etc. Allow access to bag before the flight or drive to have something to look forward to.



05

AIRPORT PRACTICE RUNS

All airlines accommodate travelers with disabilities and some have programs to do a practice walk-through of airport security. Check your local airport to see if they do this.

