

Travel Checklist for Sensory Processing Disorder (SPD) Child

Documents and Essentials!

- Passport/ID for everyone traveling
- Travel tickets (plane, train, etc.)
- Accommodation details and reservation confirmations
- Travel insurance documents
- Emergency contacts list
- Medical summary and doctor's note, if necessary, explaining SPD

SPD Gear and Comfort Items!

- Noise-canceling headphones or earplugs
- Sunglasses or a visor hat for light sensitivity
- Favorite small toys or sensory tools (e.g., stress ball, fidget spinner)
- Weighted blanket or familiar bedding
- Special utensils/eating aids
- Chewable jewelry or items
- Soft, non-irritating blankets or cloths

Snacks and Hydration!

- Reusable water bottles
- Favorite non-perishable snacks
- Gum or chewy snacks for pressure changes during flights
- Small cooler bag (if feasible) for fresh snacks and hydration

Entertainment and Miscellaneous!

- Electronic devices (tablet, portable DVD player) with headphones and chargers
- Books, coloring books, and activity pads
- SPD-friendly travel games and toys
- Comfortable backpack or bag for the child to carry their own items

Clothing and Footwear!

- Comfortable and sensory-friendly outfits (7 sets + extras)
- Nightwear
- Undergarments
- Socks (include compression socks if they're used)
- Shoes (comfortable walking shoes and a pair for relaxing)
- Swimwear and water shoes (if applicable)
- Hats and sunglasses
- Rain gear (lightweight raincoat or poncho)
- Weighted vest or compression clothing, if regularly used

Toiletries and Health!

- SPD-friendly toiletries (fragrance-free shampoo, soap, sunscreen, etc.)
- First-aid kit (including band-aids, antiseptic wipes, fever and pain relief, thermometer)
- Prescriptions and essential medications with a copy of prescriptions
- Hand sanitizer and disinfecting wipes
- Insect repellent (skin-sensitive if needed)

Pre-Travel Tips!

- Discuss the trip with your child, including what to expect and how long travel times will be.
- Pack early and allow your child to participate in choosing items that provide comfort and security.
- Create a visual itinerary or a simplified travel plan your child can understand.
- Verify accommodations are sensory-friendly and communicate any specific needs in advance.