



Sensory Friendly Family Travel Essentials

Travel-Day Essentials

- ☐ Snacks (familiar + mess-free)
- ☐ Refillable water bottles
- ☐ Wet wipes / tissues
- ☐ Change of clothes (at least one child)
- ☐ Small blanket or comfort item
- ☐ Entertainment (books, tablet, colouring, headphones)
- ☐ Hand sanitiser
- ☐ Basic first aid (plasters, wipes)

Clothing & Comfort

- ☐ Comfortable, worn-before outfits
- ☐ Layers for temperature changes
- ☐ Sleepwear (familiar if possible)
- ☐ Comfortable shoes
- ☐ Weather-specific items (sun hat, rain jacket)

Sleep & Routine Support

- ☐ Favourite soft toy / blanket
- ☐ Familiar pillowcase
- ☐ Night light (portable)
- ☐ White noise app or machine

Food, Drinks & Energy

- ☐ Emergency snacks
- ☐ Reusable snack containers
- ☐ Electrolyte drinks or sachets
- ☐ Cutlery or cups if needed

Emotional Regulation & Downtime

- ☐ Quiet activities
- ☐ Comfort objects
- ☐ Fidgets or sensory toys
- ☐ Calm music or audiobooks

Planning & Practicalities

- ☐ Printed itinerary (simple)
- ☐ Accommodation details saved offline
- ☐ Emergency contacts
- ☐ Travel documents organised
- ☐ One low energy day planned

Parent Essentials

- ☐ Chargers & power bank
- ☐ Medication / pain relief
- ☐ Comfortable clothing
- ☐ Water & snacks for you

Personal Notes

What helps our family reset when things feel overwhelming:

One thing we want this trip to feel like:

Non-negotiables for comfort: