Vacation Planning Checklist

Dreaming about an **autism-friendly vacation** with your child?

We know planning a vacation can be scary and especially challenging when traveling with a child on the autism spectrum. We make trip planning easier by providing the necessary tools to help you and your family have a wonderful getaway at one of our **vacation rentals**. Keep reading for tips and a checklist to make your vacation a dream come true.

Before the Trip

- [ ] **Talk with your child** about the trip and let them know how much fun it's going to be!
- [ ] **A vacation social brief** helps you and your child prepare so they can know what's going to happen and why.
- [ ] **Do test runs** of how going to a vacation home will be with your child so that they can be comfortable with it.
- [ ] **Our Packing Checklist** below will help make planning your vacation a breeze!
- [ ] **Check out Villakey** to discover our wide selection of Autism-friendly homes.

Packing Checklist

- [ ] **Sensory friendly toys** like building blocks, puzzles, and video games to keep your little one entertained.
- [ ] **HDMI, charging cables, & adapters** to keep the fun going for them.
- [ ] **Sensory friendly films** for a nice relaxing night in.
- [ ] **Coloring books** with **non-toxic crayons and markers** to bring out the artist in them.
- [ ] **Picture books** to let their imagination go wild.
- [ ] **Familiar items** such as a stuffed animal or a blanket to soothe them during scary times.
- [ ] **Favorite foods, snacks, and drinks**, especially if your child is on a special diet.
- [ ] **Noise-cancelling headphones or ear plugs** to keep all those loud noises away from your child's ears.
- [ ] **Any medical id cards, tags, bracelets**, etc. in case of emergencies.
- [ ] **Supplements/medications** to keep them healthy and ready to go.
- [ ] **Child's favorite sheets**, especially if your child is sensitive to certain fabrics.

During Your Stay

- [ ] **Consider disclosing to fellow travelers** about your child's behavioral patterns so that they may be informed.
- [ ] **Enjoy and have fun** with your child in your home away from home!

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