

Sensory-Friendly Travel Kit Checklist

Because peace of mind is the ultimate travel companion.



Ear Protection

- Noise-canceling headphones
- Comfortable earplugs
- Loop earplugs / discreet sound-reducing headset

Favorite Distractions

- E-reader (pre-loaded with books)
- Fully charged phone
- Portable battery pack
- Portable gaming device (Gameboy, Switch, etc.)
- Downloaded TV shows, movies, or podcasts
- Physical book

Fidget & Focus Tools

- Hair tie / fidget bracelets
- Discreet sensory/fidget tools

Personal Essentials

- Passport cover
- Wet wipes
- Travel-sized deodorant (under 100ml, no spray)
- Toothbrush & toothpaste
- Extra pair of underwear
- Scarf or light shawl (for comfort & temperature)

Snacks & Hydration

- Healthy, non-liquid snacks (e.g., cashews, dried fruit)
- Empty refillable water bottle (for post-security refills)

Bonus Comfort Items

- Compression socks
- Small soft blanket or large shawl

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- Sunglasses / tinted glasses
- Lip balm
- Moisturizer
- Notebook or journal
- Printed emergency contacts & travel docs

Final Reminders

- Keep kit organized in a pouch or accessible backpack
- Charge all electronics before departure
- Keep your sensory kit within reach during transit

Optional

- Add a small item that brings comfort from home
- Pre-load calming music, white noise, or meditation tracks