

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