

Family-Friendly Holiday Travel Checklist

(for families traveling with disabled children)

Travel Documents & Planning

- Passports, IDs, tickets, boarding passes
- Disability documentation (doctor's note, medical ID card, diagnosis letter if needed)
- Airline/airport assistance confirmation (wheelchair, pre-boarding, sensory-friendly requests)
- Hotel accessibility confirmation (room layout, bathroom adaptations, ramps/elevators)
- Emergency contacts & medical provider info

Health & Safety Essentials

- Medications (with labels, dosage schedule, and extras)
- Medical equipment (wheelchair, walker, adaptive seating, portable oxygen, etc.)
- First-aid kit (bandages, antiseptic wipes, thermometer)
- Comfort items (weighted blanket, chewable jewelry, sensory toys)
- Insurance cards & travel health coverage details

Sensory & Comfort Tools

- Noise-canceling headphones or earplugs
- Sunglasses or visor for light sensitivity
- Fidget toys, stress balls, or tactile items
- Weighted lap pad or travel pillow
- Favorite snacks (allergy-safe, familiar foods)



Routine & Predictability

- Visual schedule or picture itinerary
- Social stories about airport, hotel, or holiday events
- Printable checklists for kids to follow along
- Timer or app for transitions (boarding, meals, bedtime)



Transportation Prep

- Adaptive car seat or harness
- Folding wheelchair or stroller
- Extra batteries/chargers for mobility devices
- Parking placard for accessible spaces
- Maps with accessible routes marked



Holiday-Specific Items

- Sensory-friendly holiday activities (coloring pages, crafts)
- Adaptive holiday clothing (easy to wear, tag-free, soft fabrics)
- Gifts/toys suited to child's abilities and interests
- Comfort object for unfamiliar environments (stuffed animal, blanket)



Parent Reminders

- Pack extra time into schedule for transitions
- Identify quiet spaces at airports, hotels, or attractions
- Carry backup copies of all documents digitally
- Practice "Plan B" strategies for overstimulation (quiet breaks, shorter outings)