

**Leeds Autism AIM’s travel pages**

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| **Holiday Overview** |
| **Destination** |  |
| **Trip start date** |  |
| **Trip end date** |  |
| **Number of nights** |  |
| **Number of travellers** |  |
| **Expected Weather** |  |

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| **List of travellers** |
| **Name** | **Phone number** | **Medical conditions** | **Extra notes** |
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| **Getting there** |
| **Date** |  |
| **Mode of transport** | Plane [ ]  Train [ ]  Car [ ]  Ferry [ ]  Coach [ ]  Bus [ ]  |
| **How will you get there?** |  |
| **Check in time** |  |
| **Depart time** |  |
| **Estimated time of arrival** |  |
| **Airport** |  |
| **Airport address** |  |
| **Flight number** |  |
| **Gate** |  |
| **Arrival location** |  |
| **Baggage allowance**  |  |
| **Any stop overs?** |  |
| **Extra notes** |  |

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| **Accommodation** |
| **Name of hotel** |  |
| **Address** |  |
| **Room number** |  |
| **Check in date & time** |  |
| **Check out date & time** |  |
| **Extra notes** |  |

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|  **Return journey flight** |
| **Date** |  |
| **Mode of transport** | Plane [ ]  Train [ ]  Car [ ]  Ferry [ ]  Coach [ ]  Bus [ ]  |
| **How will you get there?** |  |
| **Check in time** |  |
| **Depart time** |  |
| **Estimated time of arrival** |  |
| **Airport/stop/station** |  |
| **Airport/stop/station address** |  |
| **Flight number** |  |
| **Gate** |  |
| **Arrival location** |  |
| **Baggage allowance**  |  |
| **Any stop overs?** |  |
| **Extra notes** |  |

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| **Trip planner** |
| **Sights to see***
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 | **Places to visit***
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 | **Things to do***
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| **Things to eat and drink***
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 | **Activities***
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 | **Tours and tickets***
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| **Pre-travel checklist** |
| **Month before departure e.g. vaccinations, travel money, plane/train/coach/ferry tickets** |
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| **Week before departure e.g. packing, medication, clothes** |
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| **Day before departure e.g. passport, hand luggage**  |
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| **Packing list** |
| **Essentials** | **FUNDS** | **TRAVEL INFO** | Travel tickets |  | Car insurance |  |
| Wallet |  | Passport |  | Travel confirmation |  | Autism Alert Card |  |
| Cash |  | Visa |  | Travel guide |  | Phone apps |  |
| Credit card |  | Driving Licence |  | Travel Insurance |  |  |  |
| Debit card |  | Itinerary  |  | Important numbers |  |  |  |
| Foreign currency |  | Maps & Directions |  | Medical documents |  |  |  |
| **Travel aids** | Walking Stick |  | Noise cancelling headphones |  |
| Collapsible Stool |  | Earplugs |  |
| Comfort items |  | Snacks/drinks/chewing gum |  |
| Stim toys |  | Sleeping eye mask |  |
| Sun/reading glasses |  | Communication T-shirt |  |
| Fun activities (book, music, games, art etc) |  | Travel pillow |  |
| Bottled water |  | Medication e.g. motion sickness, insulin, anxiety meds, inhalers |  |
| **Clothing** | **BASICS** | **CASUAL** | **FOOT WEAR** | **ACCESSORIES** |
| Underwear |  | T-shirts |  | Trainers |  | Belt |  |
| Socks |  | Vest/tank top |  | Sandals/flip flops |  | Ties |  |
| Bras |  | Shirts |  | Water Shoes |  | Cap |  |
| PJ’s/sleep wear |  | Jeans |  | Fancy Shoes/Heels |  | Watch  |  |
| **OUTWEAR** | shorts |  | Slippers |  | Jewellery |  |
| Jacket / Coats |  | Swimsuits |  | Walking shoes |  | Sunglasses |  |
| Hat/Scarf/Gloves |  | Cardigan/layers |  |  |  | Reading glasses |  |
| **Hygiene** | Toothbrush |  | Deodorant |  | Razor |  | Tissues |  |
| Toothpaste/floss |  | Face Wash |  | Perfume |  | Cotton pads |  |
| Mouth Wash |  | Toner/Cleanser |  | Makeup |  | Cotton buds |  |
| Soap/Body wash |  | Moisturiser |  | Makeup remover |  | Tweezers |  |
| Shampoo |  | Suncream |  | Pads/tampons |  | Insect repellent |  |
| Conditioner |  | Lip balm |  | Nail file |  | Medication (all) |  |
| Brush/comb |  | Contact lenses & case |  | Hand wipes |  | Pain Relief |  |
| Hair accessories |  | Shaving Cream |  | Hand sanitiser |  | First aid/ plasters |  |
| **Other** | **MISCELLANEOUS** | **TECHNOLOGY** | **LAUNDRY** |
| Backpack |  | phone |  | Fabric Softener |  |
| Purses |  | Camera |  | Fabric Wash |  |
| Beach bag |  | Music & headphones |  | Stain remover |  |
| Bum/small bag |  | ALL chargers |  | Travel iron |  |
| umbrella |  | Batteries |  | Sewing kit |  |
| Sports gear |  | Flashlight |  | Laundry bag |  |

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| **Travel Itinerary** |
| **Date** | **Day 1** | **Day 2** | **Day 3** | **Day 4** | **Day 5** | **Day 6** | **Day 7** |
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| **MORNING** |  |  |  |  |  |  |  |
| **MIDDAY** |  |  |  |  |  |  |  |
| **EVENING** |  |  |  |  |  |  |  |

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| **Travel Itinerary** |
| **Date** | **Day 8** | **Day 9** | **Day 10** | **Day 11** | **Day 12** | **Day 13** | **Day 14** |
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| **MORNING** |  |  |  |  |  |  |  |
| **MIDDAY** |  |  |  |  |  |  |  |
| **EVENING** |  |  |  |  |  |  |  |

**My travel communication profile**

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| A black and white logo  Description automatically generated with low confidence | **1. How I communicate**This is where I talk about my preferred ways of communicating, what tools and apps I use and how I normally talk to people I’m close to in certain situations |
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| Shape, icon, arrow  Description automatically generated | **2. Meltdowns/shutdowns**What is likely to happen if I have a meltdown or shutdown and what strategies I use to get back to normal. |
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| Text, icon  Description automatically generated | **3. Masking**This is where I often hide the fact that I am autistic, and when I try to act non-autistic in order to fit in and hide how I am feeling. Masking can be really exhausting for me. Examples of masking include saying I’m fine when I’m not, not having a meltdown or shutdown in public and maintaining eye contact even if it’s uncomfortable. |
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| Icon  Description automatically generated | **4. Stimming**This is where I would do something like fidget, rock back and forth or make repetitive noises if I’m feeling stressed, anxious or overloaded. Stimming (self-stimulatory behaviour) is something I do to help me feel calm and normal. Examples of when I might stim include during a meeting, in a social situation I find uncomfortable or in a busy environment like a shopping centre or train station |
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| Icon  Description automatically generated | **5. My preferred social events**What type of events I like to socialise in. Examples include going to the cinema, going for a meal in a restaurant with friends or watching some live sport at home with friends and/or family |
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| Icon  Description automatically generated | **6. Other things you should know about me**Anything else that I haven’t yet mentioned in this profile |
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| Icon  Description automatically generated | **7. Pulling out of social events**If I cancel on a social event or meeting at the last minute, please don’t see this as a sign of bad friendship. When this happens, it is usually from feeling tired, socially exhausted or overloaded. Please let me know if I need to tell the hotel or tour organisers that I am pulling out of any tours/events. |
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