Diagram

Description automatically generated with medium confidence

**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** | **Places to visit** | **Things to do** |
| **Things to eat and drink** | **Activities** | **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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