



CENTRE FOR AUTISM
MIDDLETOWN

Top Tips



FOR TRAVELLING ON LONG HAUL JOURNEYS



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Top Tips

FOR TRAVELLING ON LONG HAUL JOURNEYS

1. Start planning well in advance.
2. Contact airports, ferries and airlines early to see about accessibility including quiet places and priority boarding.
3. Research to see if the airline has a social story about the airport.
4. Watch you tube videos about the journey. This link is about airport security <https://youtu.be/YhldTnJT4jE>
Virtual landings can be found at www.virtualvacation.us
Most ferry companies also have on board videos.
5. If possible do a practice run to visit the airport – enquire in advance about this.
6. Make a visual schedule to follow and use a visual timer if needed.
7. Have medication, spare clothes & noise cancelling headphones in hand luggage.
8. Pack favourite snacks, especially if you need chewy foods for sensory oral stimulation.
9. Ear popping can be very uncomfortable so have sweets to suck or chewy toys handy. Likewise have sunglasses to hand for light sensitivity if needed.
10. Plan activities or entertainment in advance.

