



Travel Iguana

AUTISM TRAVEL CHECKLIST – CARIBBEAN VACATION

- Flights booked (nonstop if possible)
- TSA Cares contacted (72+ hours before flight)
- Hotel/resort accommodations confirmed
- Passports & travel documents packed
- Emergency contacts saved
- Medications & prescriptions packed
- Noise-canceling headphones
- Sunglasses / hat
- Fidgets & comfort items
- Favorite snacks
- Tablet with offline entertainment
- Chargers & battery pack
- Visual schedule or social story
- Water shoes
- Rash guard / preferred swimwear
- Sunscreen (sensory-friendly)
- Cooling towel or portable fan
- Safe foods & backups
- Quiet spaces identified
- Daily downtime planned