



Travelbetter — Calm Family Packing List

Traveller Name: _____

Trip / Destination: _____



Essentials

- ☐ Passport / ID
 - ☐ Tickets / Boarding passes
 - ☐ Wallet / Cards / Money
 - ☐ Phone
 - ☐ Phone charger
 - ☐ Keys
 - ☐ Travel insurance details
 - ☐ Emergency contact info
-



Clothing

- ☐ Underwear
 - ☐ Socks / tights
 - ☐ T-shirts / tops
 - ☐ Jumpers / layers
 - ☐ Trousers / shorts / leggings
 - ☐ Pyjamas / sleepwear
 - ☐ Comfortable shoes
 - ☐ Coat / rain jacket
 - ☐ Swimwear (if needed)
 - ☐ Spare outfit (for travel day)
-

Toiletries

- ☐ Toothbrush
 - ☐ Toothpaste
 - ☐ Deodorant
 - ☐ Hairbrush / comb
 - ☐ Shampoo / conditioner
 - ☐ Body wash / soap
 - ☐ Skincare / lip balm
 - ☐ Sanitary products
 - ☐ Suncream (if needed)
-

Health & Wellbeing

- ☐ Regular medication
- ☐ Pain relief
- ☐ Plasters / first aid bits
- ☐ Allergy medication
- ☐ Vitamins
- ☐ Hand sanitiser
- ☐ Tissues / wipes

(Pack medication in hand luggage if flying)

Sensory & Comfort

- ☐ Noise-reducing headphones / ear defenders
- ☐ Fidget / stim toys
- ☐ Comfort object
- ☐ Favourite snacks
- ☐ Water bottle
- ☐ Sunglasses / cap
- ☐ Pillow / blanket (if helpful)

(Think: what helps me feel calm?)



Technology

- ☐ Tablet / Switch / device
 - ☐ Chargers
 - ☐ Power bank
 - ☐ Headphones
 - ☐ SIM / data plan
 - ☐ Adapter (if travelling abroad)
-



Paperwork & Planning

- ☐ Booking confirmations
 - ☐ Directions / maps
 - ☐ EHCP / medical letters (if needed)
 - ☐ Emergency notes (allergies etc.)
 - ☐ Contact numbers
 - ☐ Copy of ID / passport
-



Accommodation / Self-Catering

- ☐ Tea / coffee / milk alternative
 - ☐ Breakfast basics
 - ☐ Snacks
 - ☐ Reusable shopping bags
 - ☐ Dishcloth / sponge
 - ☐ Dishwasher tabs
 - ☐ Laundry bag
 - ☐ Dog essentials (if travelling with pets)
-

✨ Extras / Miscellaneous

(Use this space for anything personal or important)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

✓ Packing Tip

Go at your own pace. Use this list as a calm guide — not pressure.

Tick off items as you go, and adjust it to fit your needs 🌿