



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
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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)
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Toiletries

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