

Travel Tips for Flying with Autism

Before You Go

- Contact your airline to discuss accommodations or needs
- Pack comfort items: noise-canceling headphones, fidget tools, snacks, and preferred activities
- Prepare a social story or video walkthrough of the airport
- Practice airport routines through play or preview visits

At the Airport

- Wear the Sunflower lanyard or bracelet
- Request pre-boarding to settle in early
- Use TSA Cares for screening support
- Avoid peak travel hours, if possible

On the Plane

- Let flight attendants know about sensory sensitivities or specific needs
- Have calming items easily accessible
- Use chewy snacks or drinks to help with ear pressure