Ready, Set, Travel!

Do Some Research Beforehand:

Check with your airline to understand their accommodations for travelers with Autism. What's appropriate and comfortable for your loved one?

Contact TSA Cares

- TSA Cares offers a helpline to assist families with navigating the screening process.
- Reach out at least 3 days before your flight to arrange for special screening accommodations.
- Let the TSA representative know about any sensitivities your child may have—this can help make the experience smoother.
- You can contact TSA Cares by calling **855-787-2227** or emailing **TSAContactCenter@dhs.gov**.

Explore Airport Amenities

Check if the airport has a **sensory room or quiet space** to help your child regulate before or after the flight.

Helpful Tips for a Stress-Free Journey

- Talk to your child about what to expect at the airport and on the plane.
- Use visual tools like social stories to help them understand each step. You can even make your own!
- Let them know when they'll need to put away their favorite devices and when they can use them again.
- Download your airline's app to get updates about delays.
- Print or download your boarding passes at home to avoid long lines at the airport.



Autism Society
Inland Empire

IEAutism.org

Make Sure Your Loved One Is Comfortable



- Pack items that help your child feel calm and safe.
- Noise-canceling headphones can help with loud sounds.
- Candy or gum can help with ear pressure during takeoff and landing.
- Bring snacks, favorite toys, and electronics to make the trip easier.

Important Tip:



Be careful with weighted stuffed animals & blankets. Some contain materials like glass beads, metal balls, or other heavy elements that can raise concerns at airport security.

While they are generally allowed, it's up to the TSA agent to decide if they can pass through. If the scanner detects something unclear, the item may be confiscated.



Enjoy the Journey!

With a little planning and preparation, it can become a safe, smooth, and joyful experience for everyone.



Take it one step at a time—and don't forget to have fun along the way!





Autism Society
Inland Empire

IEAutism.org