



Sensory-Friendly Outing Checklist

A little preparation can make outings feel more familiar. Keep the plan flexible and remember: leaving early is always an option.

BEFORE YOU LEAVE

- ☐ Check for quiet hours or sensory accommodations.
- ☐ Preview photos, a map, or a visual story.
- ☐ Confirm parking, restrooms, exits, and quiet areas.
- ☐ Choose a lower-crowd time when possible.
- ☐ Share a simple plan and a backup plan.

PACK WHAT HELPS

- ☐ Headphones or ear defenders.
- ☐ A comfort item or favorite fidget.
- ☐ AAC, communication cards, or visuals.
- ☐ Sunglasses, a hat, water, and a snack.
- ☐ Wipes, a change of clothes, or needed medication.

DURING THE OUTING

- ☐ Point out the break spot and exit.
- ☐ Offer simple choices when possible.
- ☐ Watch for your child's communication cues.
- ☐ Take breaks before overwhelm builds.
- ☐ Honor 'all done' without pressure.

OUR OUTING PLAN

Destination

Quiet or break spot

Backup plan

REMEMBER

A successful outing is one where your child feels heard, supported, and safe - no matter how long it lasts.