



Sensory

What do you need to reduce sensory overload?

<input type="checkbox"/>	Ear plugs/ Headphones
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

Safety & Stim

What fidgets do you want to bring? Items that will bring you comfort?

<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

My Needs

What support items do you need to bring? Medications?

<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

ID & Emergency Info

<input type="checkbox"/>	ID
<input type="checkbox"/>	Emergency Contact Card
<input type="checkbox"/>	
<input type="checkbox"/>	

Money

<input type="checkbox"/>	Cash
<input type="checkbox"/>	Cards

Weather & First Aid

What do you need to for the weather or unexpected events?

<input type="checkbox"/>	Jacket or Coat
<input type="checkbox"/>	Phone Charger
<input type="checkbox"/>	First Aid
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

Food & Drink

Do you have water, or do you need to bring food today?

<input type="checkbox"/>	Water Bottle
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

Activity & Entertainment

Do you need something to do during a long wait?

<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

What do I need today?

What do I need to bring for where I am going today?

<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	