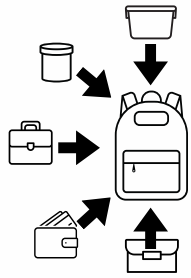


Create Your Own Safety Kit



When it comes to going out, being prepared can make a big difference for people with autism. Figuring out what you need on the way out the door, when you can be very stressed, can complicate that. Here are some tips to packing to prepare.



Have your pack ready in advance, or have the basics packed all the time. This way you can adapt to specific trips without worrying about the essentials.

Work with smaller bags and categories. Pack using smaller bags containing different types of items and needs so these can be added and removed as needed.

Use a checklist. Make a personalized list of what you need to look over before you go.

Essential Items

Sensory Protection

Items that can help protect you against sensory overload.

Examples: Ear plugs, sunglasses, masks

Safety & Stim

Fidgets of all kinds, comfort items, or items that help you prevent and respond to overload.

Examples: Squeeze balls, stim rings, and many more.

Individual Needs

Items to help support your personal needs, like health or communication.

Examples: Communication cards, medications

ID & Emergency ID

A standard form of ID.

Cards that help inform others, like first responders, of emergency contacts and your needs.

Find examples and printable options at [REACT.Pitt.edu/ProTipsResources](https://react.pitt.edu/protipsresources)

Money

Consider bringing a little cash (\$10-\$20) along with cards or other payment methods.

Weather & First Aid

What do you need to respond to the weather, or to unexpected circumstances?

Examples: Umbrella, jacket, gloves. First aid kit. Phone charger or battery

Food & Drink

Do you need to bring something to eat or drink?

Examples: Gum or mints, safe foods, water bottle

Activity & Entertainment

Something to do if you have a long wait, or is there an activity you find comforting.

Examples: Music, a book, a phone or portable game

Specific Trip Needs

Is there something you need to bring for the specific place you going?



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 aid items do you need to bring? Medications?

<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 expected happenings?

<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"/>	

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"/>	