



# The Ultimate Sensory-Friendly Carry-On Packing List

1. Favorite snacks
2. More snacks (seriously, you can't have too many!)
3. Spry gum (to help mitigate ear pressure)
4. Zollipop (sugar-free lollipops)
5. Prescription medications
6. Vitamins/supplements
7. First Aid kit (bandaids, neosporin, wipes)
8. Ibuprofen, Benadryl, thermometer
9. Change of clothes in large ziplock
10. Hand sanitizer
11. Antibacterial wipes
12. Child's lovey/ cuddle toy
13. Travel toys/games
14. Sensory toys (see Sensory Toolkit post for ideas)
15. iPad/tablet with child's favorite shows
16. Phone/iPad/tablet charger
17. Earbuds
18. Child's favorite soft-cover books (my boys each choose 3)
19. Plane pillow
20. Warm socks
21. Weighted vest
22. Noise-cancelling headphones
23. Cozy sweater/ sweatshirt
24. Lucas's Paw Paw Ointment (aka. miracle-working balm)
25. 1 special, wrapped "surprise" toy for each kid- to be busted out when things start getting a little hairy!