



HALLOWEEN NIGHT SENSORY SURVIVAL CHECKLIST

Pack what helps. Leave what doesn't.

Pick the supports that make tonight easier for you.



SOUND + SENSORY

- ☐ Headphones or ear protection
- ☐ Fidget
- ☐ Comfort item
- ☐ Sunglasses or hat
- ☐ Chew support, if used
- ☐ Wipes / tissues
- ☐ Comfortable backup clothing



COMMUNICATION

- ☐ AAC device or communication support
- ☐ Printed communication card
- ☐ "I need a break" card
- ☐ "I'm all done" card
- ☐ Emergency/contact information if needed



COMFORT

- ☐ Water
- ☐ Familiar snack
- ☐ Comfortable shoes
- ☐ Layer for warmth
- ☐ Small bag or pouch for supports
- ☐ Medication or personal care items normally carried



VISIBILITY + GETTING AROUND

- ☐ Flashlight
- ☐ Glow or light-up item
- ☐ Reflective detail on clothing or bag
- ☐ Charged phone
- ☐ Planned route
- ☐ Planned quiet place / break spot



BEFORE WE GO

- ☐ We know what the plan is
- ☐ We know approximately when we're stopping
- ☐ We know what "I'm done" looks/sounds like
- ☐ We have a backup plan
- ☐ We know we can leave early



ADD MY OWN

- ☐ _____
- ☐ _____
- ☐ _____

YOU DO NOT HAVE TO USE EVERY SUPPORT.

You do not have to stay for the whole event.

You do not have to wear a costume.

You do not have to trick-or-treat.

A comfortable Halloween is a successful Halloween.