

AUTISM AVIATORS

Tips for Air Travel

- It is important that you are part of the process of packing. You must know at all times what is in your case and bag, this is a question you will be asked at the airport to make sure no one else has put anything into your baggage.
- When thinking about snacks on the plane and for the airport, check the visuals we have put together. There are certain foods and beverages you are not able to take on a plane or through security.
- Once you are in another country, you may not be able to take any food or drink off of the plane. If you are not sure, ask an airline attendant. You get to travel through express lines where possible at Halifax Stanfield International Airport, however to do this you must identify as being an Autism Aviator. You will have a lanyard to wear and a sticker on your Boarding card. This will help the staff understand and know that you may ask for help.
- If you are finding something confusing at the airport, it is best to stay calm and let a member of the airport staff know you don't understand or you need help.
- We have created some help cards that you can print off and put on your Autism Aviator Lanyard, and you can use those if you feel they will help you communicate or if you are feeling overwhelmed.
- It is important to remember that some of the rules you have to follow are the Law. These rules are there to keep everyone safe.
- Bring along items like headphones that will help keep you calm and focused on the task ahead. Make sure to remove them when someone is talking to you, or you are waiting for the announcements.
- Remember that on the plane before and during takeoff and landing, you can't wear headphones that cover your whole ear; you can only wear ear buds at that time and only if they are plugged into the airplane sound system. Please use the visuals we have created to help remember this rule. It is there to keep you safe. You can wear your ear covering headphones after you have taken off or landed.
- Chewing gum or having a hard candy in your mouth when your plane takes off will help the sensation you may feel in your ears. Ask the flight staff for a napkin or something that will help you to discard your gum when you no longer need it. You may need to do this again when your plane lands. This happens because there is a change in air pressure and is ok, it is just how our bodies work in an airplane as the air pressure changes.
- There are toilets on the plane that you can use during the flight when the seatbelt sign is not on. The toilets on the plane are small. You may experience different sounds than you do at your seat. When you flush the toilet it will be very loud. It is always best to try and use the washroom at the airport gate before you are asked to board the plane.
- Remember that travel is exciting, but it is ok to feel a little bit nervous. Think of the best ways to calm yourself down when you get worried or scared. We have created some visuals for you to use to help you, these can be placed on your lanyard.
- You are going to do great on the plane and learn new skills! Enjoy your trip!