



Special Abilities Go-Bag

- 🧑‍🚒 **Flushable wipes** – If there are serious “potty” issues and you cannot yet use standard toilet paper for bathroom functions.
- 🧑‍🚒 **Special foods/snacks** – if your child is on a special diet or has food sensitivities, consider packing natural, dye-free, gluten free snacks and foods. I know it’s hard to stay natural when you’re packing processed foods that need to keep for six months at a time, but there are definitely ways to choose “the lesser evil”. Inspect and rotate regularly.
- 🧑‍🚒 **Medications or supplements** – Pack an extra bottle of [Juice Plus+](#), [digestive enzymes](#), and probiotics that don’t need refrigeration.
- 🧑‍🚒 **Headphones/ear plugs** – if everyday noises are still too much; imagine the chaos of sirens, emergency personnel, or crowds of people milling about or frantically trying to reach safety. Noise-blocking headphones can be a lifesaver.
- 🧑‍🚒 **Classical or favorite music** – if your child enjoys music, an iPod or discman with classical music or your child’s favorite songs can have a tremendous calming effect. Try a copy of Wow Wow Wubbzy in addition to Tchaikovsky.
- 🧑‍🚒 **Duplicate of their attachment item if possible** – Keep items such as Super Mario Brothers in the bag for comfort.
- 🧑‍🚒 **Fidgets/chewy tubes** – keeping their hands and mouth busy is another key to feeling safe and calm. Try those squishy stress balls from the Dollar Store, especially the ones that light up! Chewy tubes or [Chewelry](#) keep them chewing, not blurting out verbal stims, which might send the wrong message to emergency workers (their screams can be really loud and sound like someone is getting brutally injured).
- 🧑‍🚒 **Comfort items** – Favorite blanket (weighted), pillow, soft clothes or stuffed animals
- 🧑‍🚒 **Cards/puzzles/books** – kick it old school and think of items that kept you busy growing up! You know, before there were DSi XLs, iPhones, apps, tablets... 😊
- 🧑‍🚒 **Handheld battery operated electronics** – if electronics are a must (the kind that don’t require a charger) the drug store often will sell little handheld games like Tetris, Poker, or Soccer. Sure, the graphics are pretty bad compared to today’s amazing technology, but in this situation your kids will gratefully take ‘em!
- 🧑‍🚒 **Hooded shirt or sweatshirt** – kids sometimes need to block the world out in order to self-calm. If you don’t have access to a sensory tent (wouldn’t that be nice in a disaster!) then the next best thing is pulling a hood over your face and blocking out the world for a bit.
- 🧑‍🚒 **Items to stack/count/organize** – this can save your bacon when venturing out to public places like restaurants. Stacking the jellies or counting the sugar packets could buy you at least 10 minutes of not having to chase them around!
- 🧑‍🚒 **Photos of family members** – in case there is any chance you are separated from your child, each family member carrying family photos may be the quickest way to reunite.
- 🧑‍🚒 **Autism safety card** – it is ideal to let emergency responders know as much about your child as possible – especially when it comes to Autism. Is your child verbal? How do they best communicate? Are there any other medical issues? What medications/supplements are they on? Allergies? Typical behaviors? Fears?