

Disney Trip Prep Checklist for Families of Children with Autism

Before the Trip

- Apply for Disney's Disability Access Service (DAS) online
- Watch videos of rides/characters with your child to prepare
- Create a visual schedule or social story
- Make a list of top must-do attractions (with backup options)
- Practice waiting in line at home with timers or visual cues
- Talk to your child's therapy team for strategies or tools
- Book lodging/request a quiet room if staying onsite
- Download the Disney Genie app and link park tickets
- Pack daily outfits (consider layers and comfort)
- Reserve dining in advance if your child has food sensitivities



What to Pack for the Park

- Noise-canceling headphones or earplugs
- Sunglasses or brimmed hat
- Fidget toys or sensory tools
- Favorite snacks
- Water bottle
- Sunscreen
- ID bracelet with contact info
- Change of clothes
- Wet wipes and hand sanitizer
- Laminated communication card or PECS visuals
- Comfort items (blanket, stuffed animal, etc.)
- Any medications or emergency items
- MagicBands or printed tickets

In the Park

- Visit Guest Relations if you didn't pre-register for DAS
- Stick to your child's routine when possible

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- Take breaks in quiet areas (Baby Care Centers are great!)
- Monitor your child's sensory input and energy level
- Celebrate small wins and don't over-schedule
- Keep flexible/adjust plans as needed

Extra Tips

- Have a meeting spot in case you get separated
- Use mobile ordering for food to reduce wait times
- Download offline maps or take screenshots for reference
- Take lots of photos and enjoy the moment!