

# Tips for Traveling With Special Needs



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**1. Prepare Yourself**

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**2. Prepare Your Child**

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**3. Plan Your Route & Lodging**

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**4. Identify Bathrooms & Plan Breaks**

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**5. Pack Thoroughly & Generously**

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**6. Take Free Diapers or Pull-Ups**

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**7. Give Yourself & Your Child Grace**

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**8. Avoid Bladder Irritants & Prevent Constipation**

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**9. Keep to Your Regular Bathroom Schedule**

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**10. Pack the Right Items**

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**11. Locate Urgent Care Centers**

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