

Hi.

I may need your help.

My name is _____

I have autism & traveling can be a challenge for me. Thank you for understanding.

Sometimes these things cause me anxiety:

When I'm anxious, I might:

These are things that ease my anxiety:

I am travelling from _____
to _____

This is my flight information:

FLIGHT #	ORIGIN	DESTINATION	BOARD TIME

I am travelling:

- with _____
mobile: () -
- alone- but at my final desination, I'm
meeting _____
mobile: () -

In case of emergency, please contact:

_____ () -
_____ () -

Other information:

My Flight Book

