
Road Trip Motion Sickness Checklist

Use this checklist to prepare for road trips with your child on the spectrum.

These steps can help prevent motion sickness and make the ride more comfortable:

- ☐ Know your child's "window of wellness" and plan breaks ahead of time
- ☐ Avoid strong scents in the car
- ☐ Cover seats and floors with old sheets or disposable towels
- ☐ Keep a small kit with Queasy Pops, wipes, water, and towels within reach
- ☐ Encourage looking straight ahead while traveling
- ☐ Try motion sickness bands or approved medication (ask your doctor first)
- ☐ Pack extra clothes, towels, and wipes
- ☐ Offer a light meal about two hours before leaving
- ☐ Brief other passengers about the plan and how to support your child
- ☐ Stay calm and flexible — you've got this!