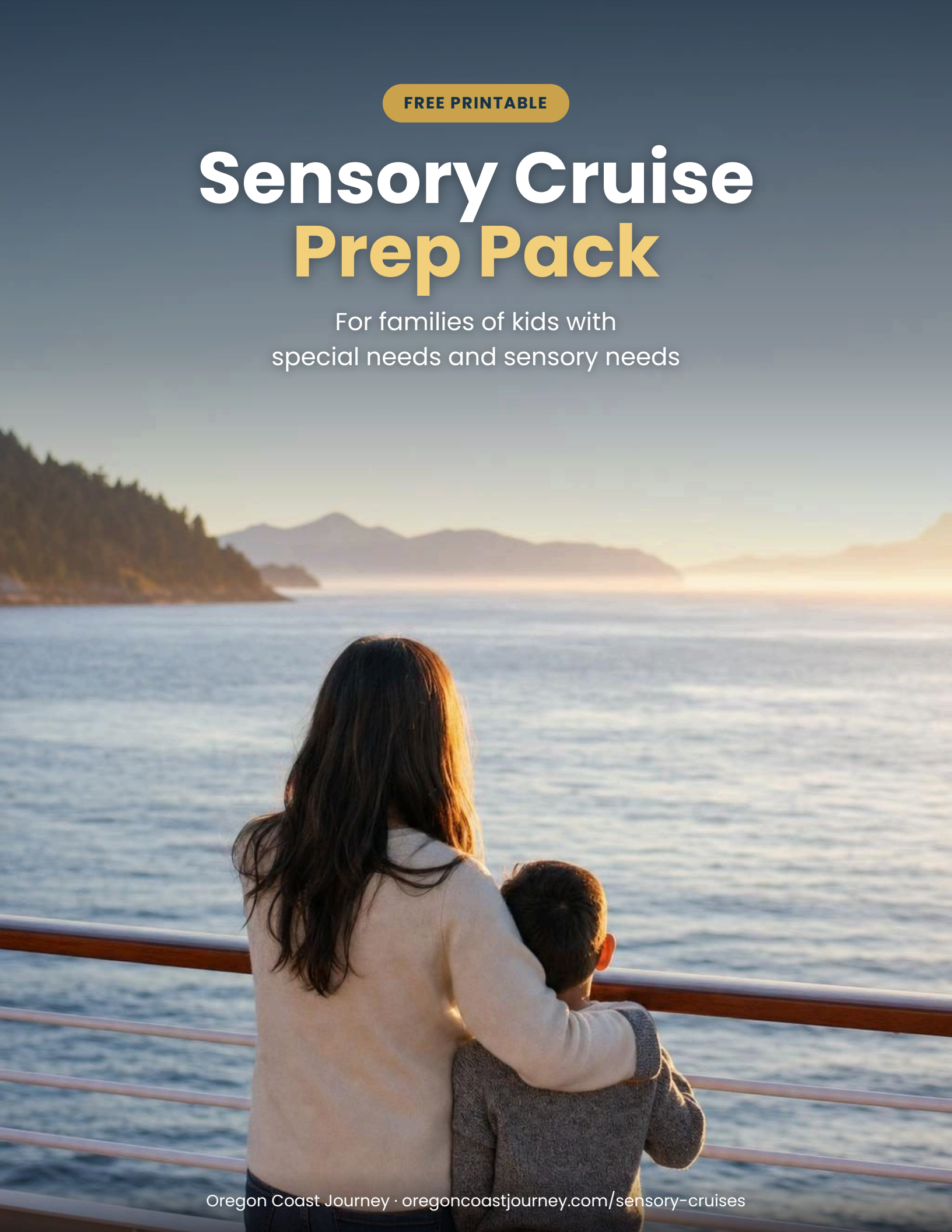
FREE PRINTABLE

Sensory Cruise Prep Pack

For families of kids with
special needs and sensory needs

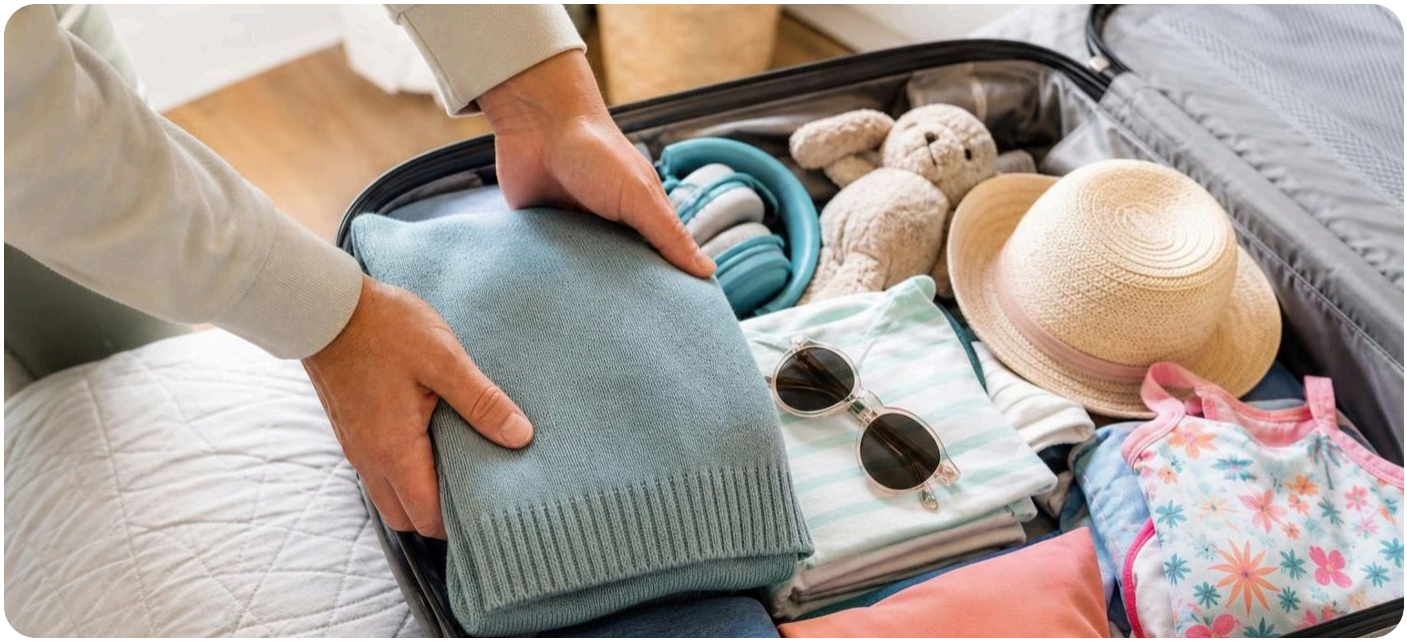


How to use this pack

From a mom who gets it.

1. Read the picture story together once a day, 1 or 2 weeks before you sail.
2. Cross out anything that won't happen on your trip.
3. Cut out the picture cards. Put today's cards on the schedule each morning.
4. Fill in the safety plan before you go.
5. Ask the cruise line the questions on page 15.

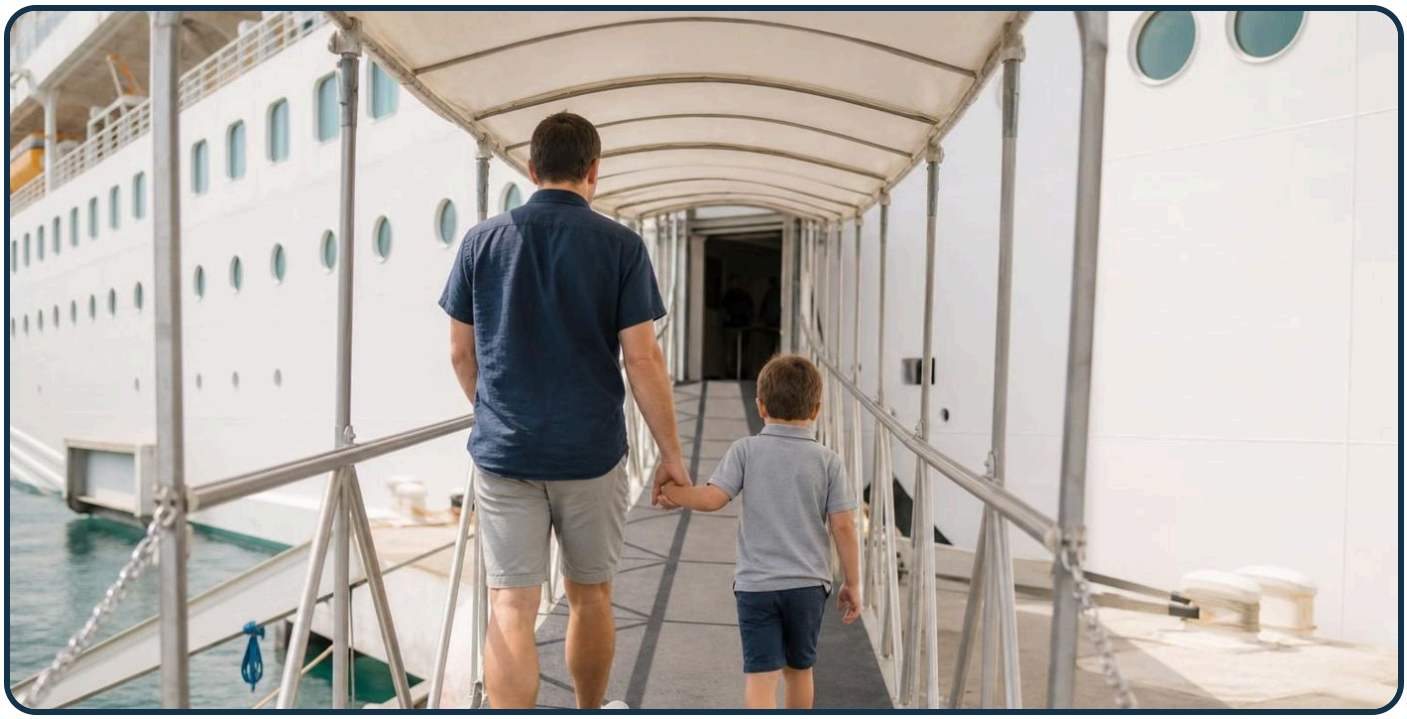
> Use what helps. Skip what doesn't. You know your child best.



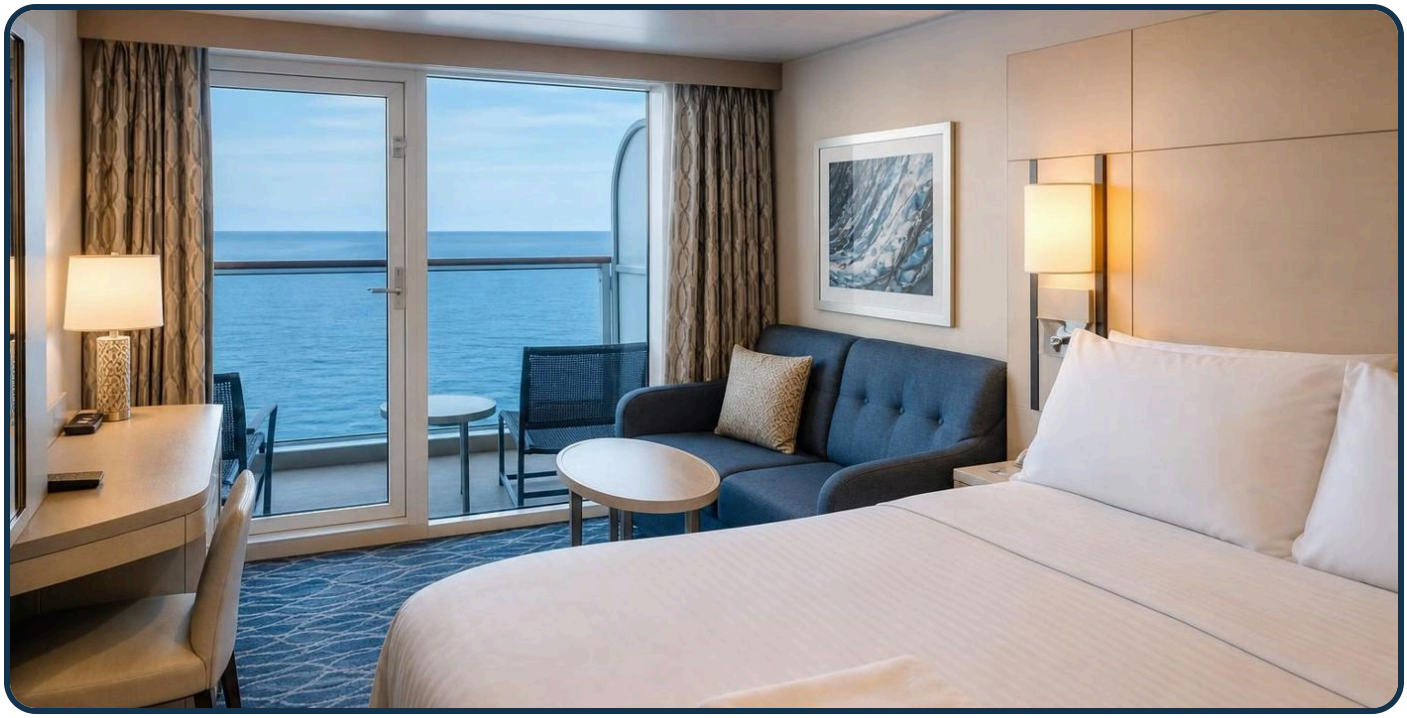
I'm Going on a Cruise!

We ride in the car to the ship.

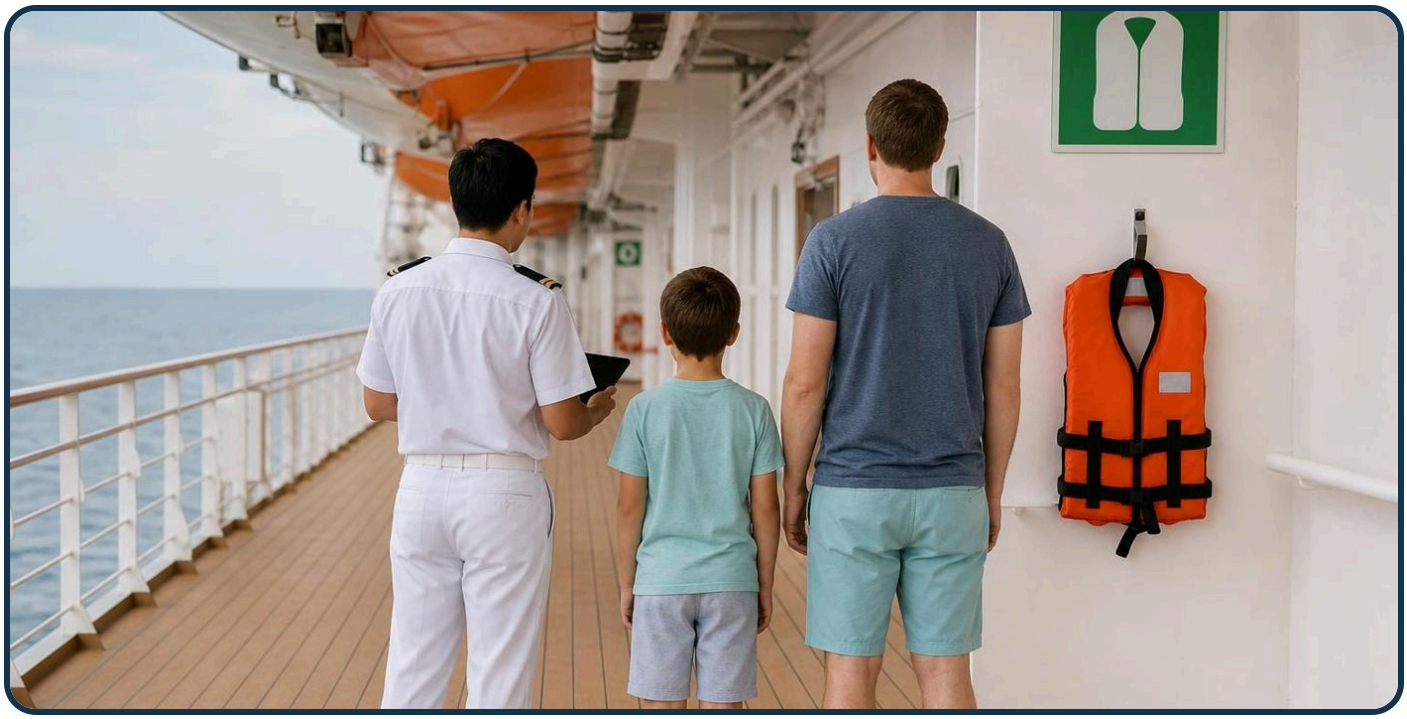
We wait in line at the port. It can be loud.



We walk up the ramp onto the big ship.

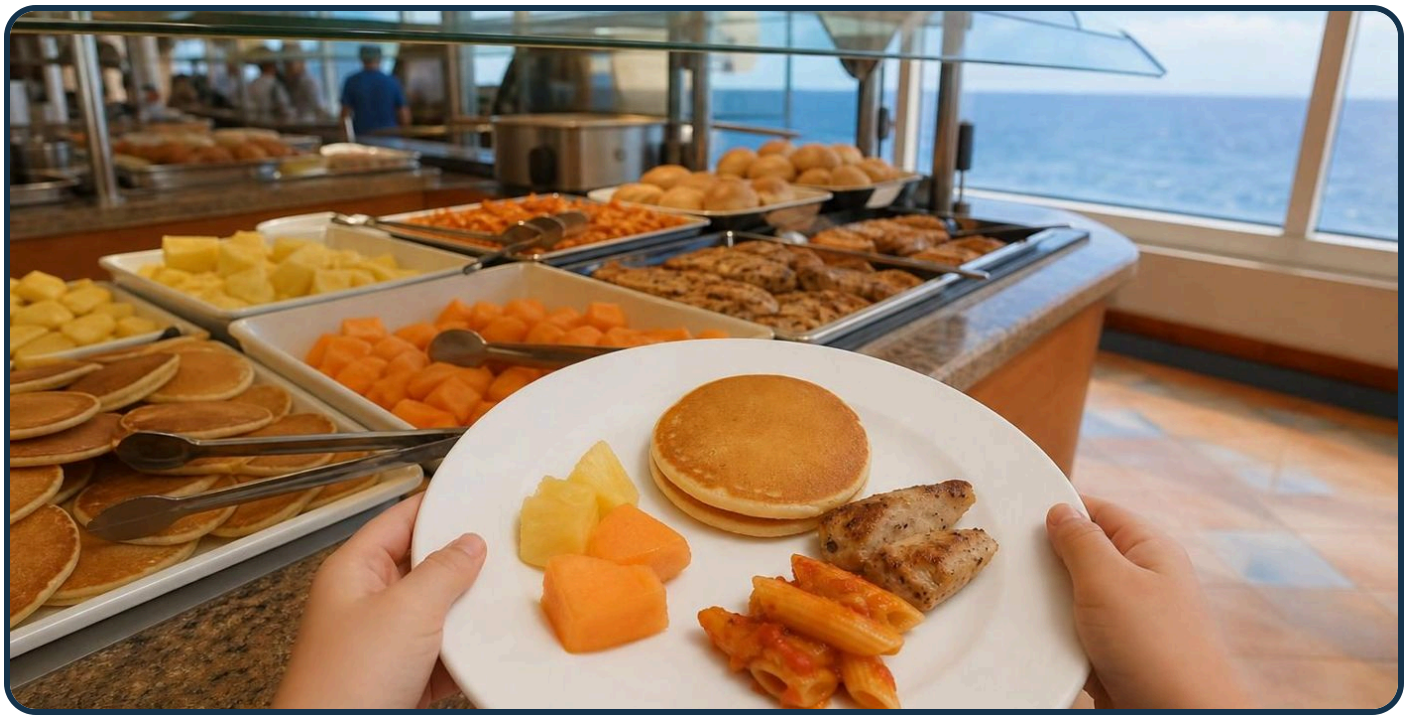


This is our cabin. It is our quiet room.



We go to our safety spot. A crew member checks us in.

The ship horn is very loud. I can cover my ears.



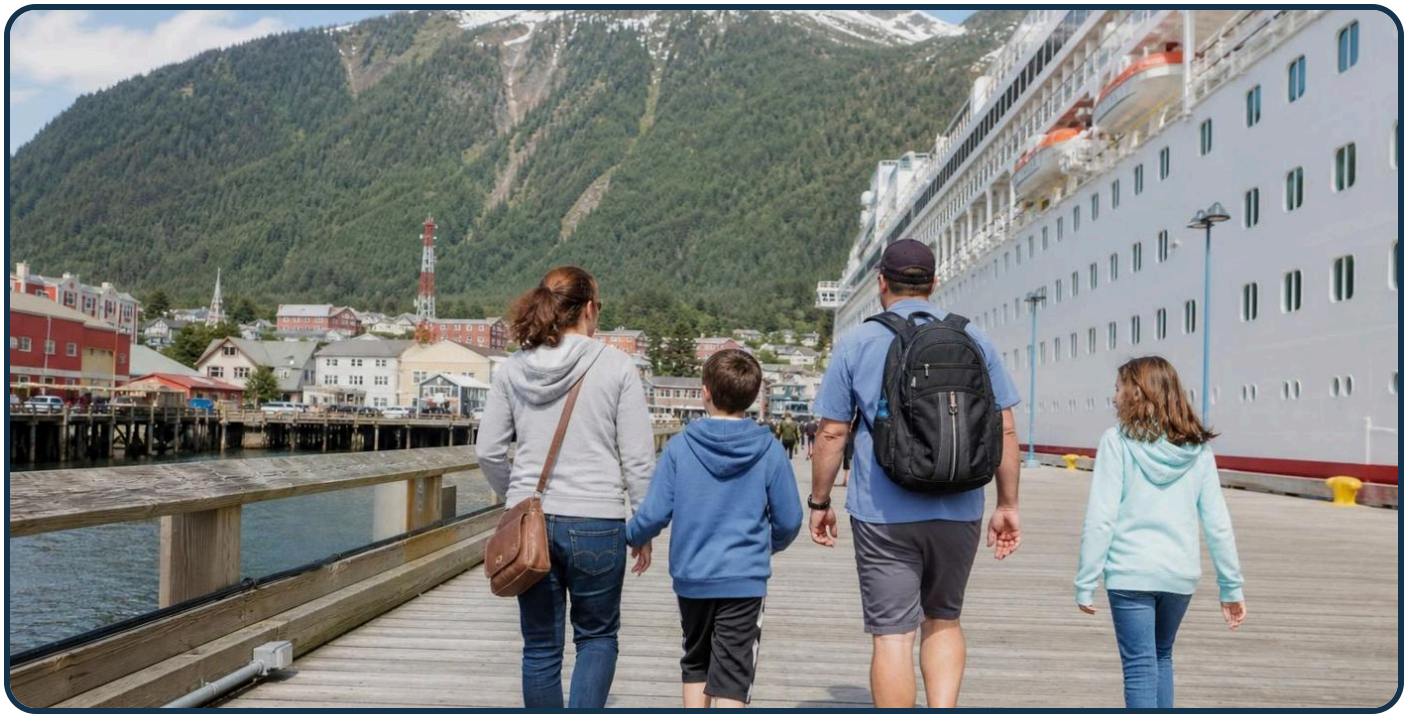
At the buffet, I can pick foods I know.

Some nights we eat in a big dining room.

I can swim in the pool. My grown-up stays close.

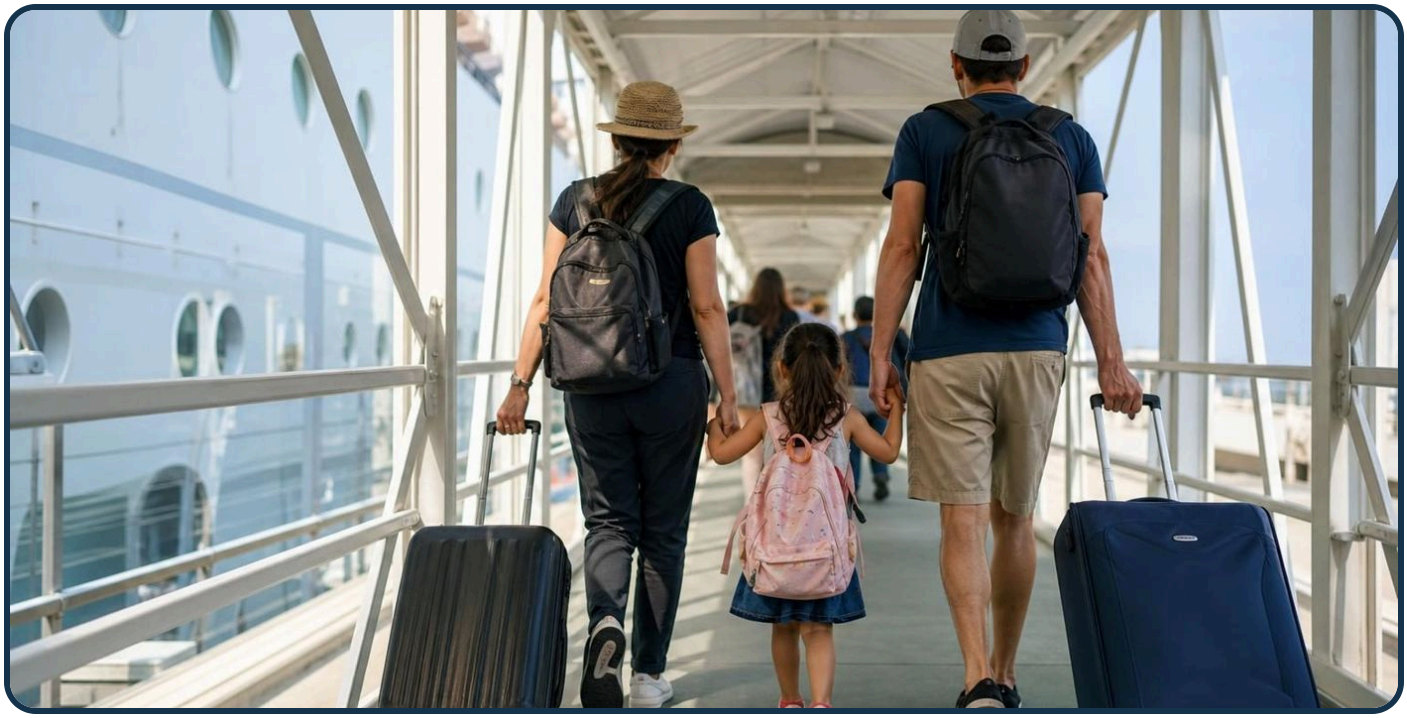
The kids club has toys and games to play.

When it feels like too much, we find a quiet spot.



Some days we get off the ship and explore.

At night, I sleep in our cabin.



Then we go home. I remember my favorite parts.

My Cruise Day

Day _____ Put a card in each box. Check it when it's done.

1 ☐

2 ☐

3 ☐

4 ☐

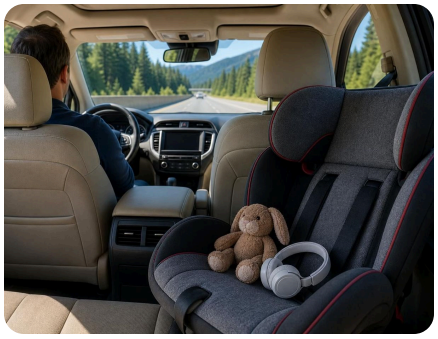
5 ☐

6 ☐

7 ☐

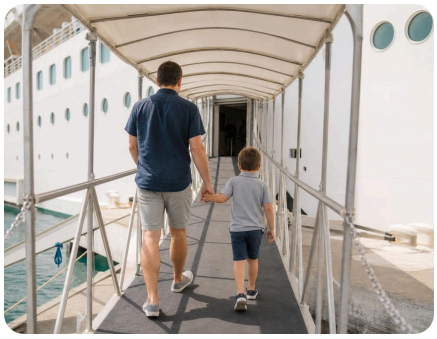
8 ☐

Picture Cards (cut on the dotted lines)



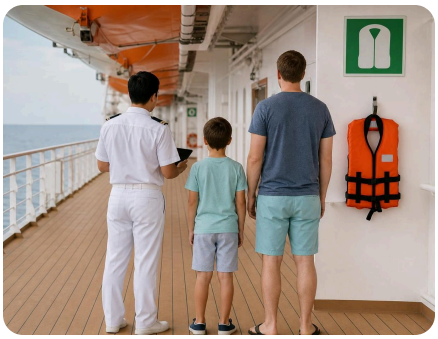
Car ride

Wait in line



Get on ship

Our cabin



Safety drill

Ship horn

Buffet

Dinner

Pool

Kids club

Quiet time

Port day

Picture Cards (cut on the dotted lines)

Wake up

Headphones

Show

Bathroom

Elevator

Snack

Sea day

Bedtime

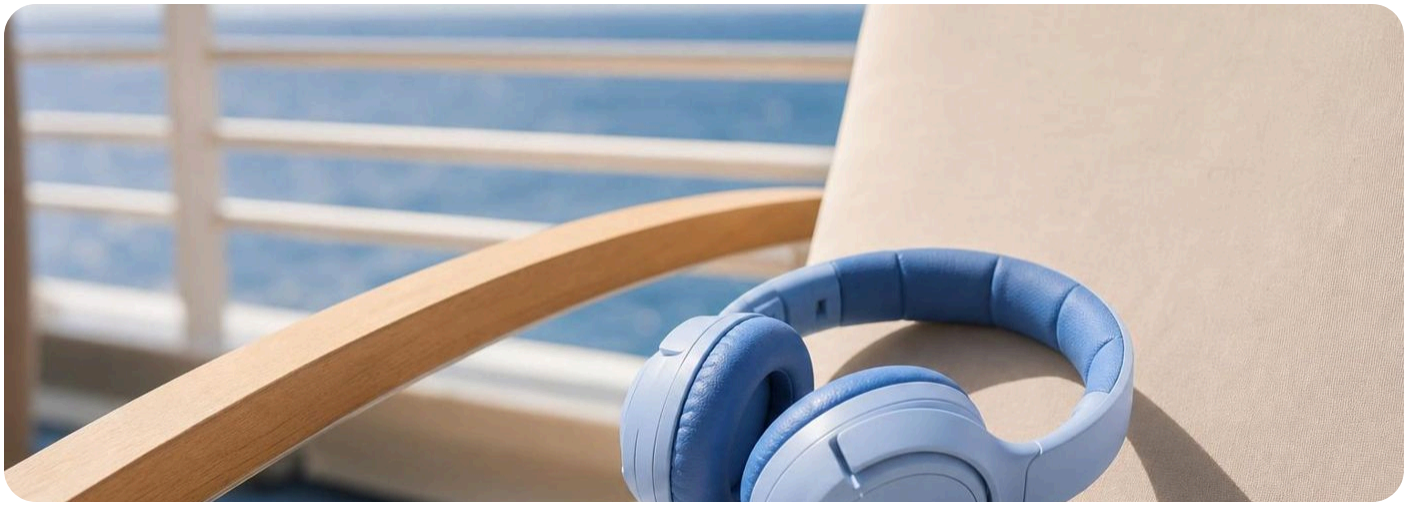
Go home

Packing

Draw your own

Draw your own

Sensory Packing List



- [ ] Headphones or ear muffs
- [ ] Comfort toy or blanket
- [ ] Snacks your child knows
- [ ] Sunglasses and a hat
- [ ] Fidgets
- [ ] Tablet with shows downloaded
- [ ] Favorite cup or spoon
- [ ] Pajamas from home
- [ ] Night light
- [ ] Wristband with your phone number
- [ ] Medicine in your carry-on
- [ ] Doctor notes
- [ ] Swimsuit and swim shirt
- [ ] Wipes and zip bags
- [ ] This pack and a marker
- [ ] Extra clothes in your carry-on

> Bags may reach your cabin late. Keep day one comforts in your carry-on.

Our Safety Plan

Fill this in before you go. Keep a copy in your bag.

Child's name: _____

Ship and cabin: _____

Grown-up phone: _____

If we get lost, we meet at: _____

Best way to help my child:

_____

What helps my child calm down:

_____

Allergies or medicine: _____

Tape a photo
of your child here

- [ ] Snap a photo of your child each morning.
- [ ] Show your child the meeting spot on day one.
- [ ] A grown-up watches every time near water.
- [ ] If your child is missing, tell any crew member right away.

Questions to Ask the Cruise Line

Ask before you book. Write the answers down.

1. Do you have a special needs form? When is it due?
2. Can we board early or skip long lines?
3. Is there a quieter way to do the safety drill?
4. Can my child join kids club? What are the rules?
5. Do you have sensory bags or quiet rooms?
6. Can we have the same table and server each night?
7. Can you help with food allergies or a picky diet?
8. Which cabins are the quietest?
9. Which pools have lifeguards?
10. Is there a fridge for medicine?

Notes:

Yes, your family can cruise.

Worried the noise and the crowds will be too much? I get it.

I'm Melinda, a mom of three boys with their own special needs and sensory needs. I help families plan cruises so the trip can feel calm and fun. A quieter cabin. A plan for the ship horn. A picture story to read before you go. A quiet spot when it all feels like too much.

My help is always free to you. The cruise lines pay me, so you never do.

Want help planning yours?

oregoncoastjourney.com/sensory-cruises

No cost. No pressure.

General information to help families get ready. Not medical advice. Cruise line rules change, so please check with your cruise line.

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