

Sensory Packing Checklist

SIGHT

- Hoodie
or
- Eye mask or bandana
or
- Use your blankets/clothes

SOUND

- Noise-canceling
headphones/earbuds
- Ambient earbuds

TEMPERATURE

- Mini usb fan
- Pack layers
- Knit hat

SMELL

- Face mask
- essential oil

VESTIBULAR

- Wrist bands
- Motion sickness glasses

TASTE: FOOD

- Non-perishable
- No-wash food
- Fruit
- Self-contained items
- Avocados
- Boring food

TASTE: UTENSILS

- Tiny metal spoon
- Paper towels or napkins
- Hand sanitizer/wet wipes

TASTE: BEVERAGES

- Liters of water
- Thermos(es)
- Tea
- Coffee (instant or ground)
- Immersion coil
- Hand-held coffee machine