



Taking an airplane:

A guide for people with autism





Traveling with your family can be fun. If you're going far, you may decide to take an airplane. You may feel scared about flying in a plane. But it's safe and really cool!

Here's what happens when you fly on an airplane.



1. Getting to the airport

After you pack your bags, you and your family go to the airport. You may take a car or a train to get there. There may be lots of traffic because a lot of people take airplanes for travel. You get to the airport about 1 to 2 hours before your flight.



2. Checking in

Once you get to the airport, you check in for your flight. You give your name, and a worker gives you a boarding pass. It may be a paper pass, or it may be on your phone. If you have a big bag, the worker puts it on the plane for you. If it's a small bag, you carry it on the plane yourself.

3. Going through security

Once you have your boarding pass, you go through security. Security helps make sure everyone on the plane is safe.

You wait in line for the scanners. You put your things, like your jacket, shoes, belt, phone and tablet, in a bin that slides through the scanner. Don't worry—you'll get everything back on the other side! When it's your turn, you step into the tall scanner. Stand very still and raise your hands to let the scanner work.



4. Going to the gate and waiting for your flight

Now it's time to go to the gate. This is where you get on the plane. The gate number is written on your boarding pass.

You may have some time to wait for your flight. There may be shops, places to eat and restrooms near your gate. And lots of people, too. There are lots of seats at the gate where you can sit and wait with your family. You can read a book or use your tablet while you wait.



5. Boarding (getting on) the plane

When your plane is ready, the airport worker makes an announcement over the loud speaker. You get in line and show your boarding pass to the worker. Then you walk down a ramp to get to the plane. Sometimes you may even go outside and then go up some stairs to get into the plane.





6. Finding your seat

Your seat number is on your boarding pass. Find your row and your seat. Then sit down and buckle your seat belt. You're most likely sitting with someone in your family.

7. Finding the bathroom

The bathroom on the plane is smaller than your bathroom at home. It may be at the front or the back of the plane. You can go to the bathroom during the flight. If you do, be sure to buckle your seat belt when you get back to your seat.



8. Getting ready for takeoff

Flight attendants are on the plane to help take care of you during the flight. Before takeoff, they make some announcements over the loud speaker. The pilot may make an announcement, too.

When the plane takes off, you hear the sounds of the engines turning on. They can be loud! The plane goes super fast down the run way. Before you know it, you're in the air!





9. During the flight

You can read, color, play with small toys or even use a phone or tablet while you're flying. Your phone or tablet has to be in airplane mode — your mom or dad can help you with that.

The flight attendants bring you a drink and a snack. Or you can bring your own snacks, if you want. You can stand up and move around if you need to. Be sure to buckle your seatbelt when you sit back down.



10. Landing

The pilot and flight attendants tell you when it's time to land. You put your toys away for landing and make sure your seatbelt is buckled. After you land, you may have to wait a few minutes to get off the plane. Then you'll be at a gate like the one where you got on the plane. If you had big bags, you pick them up at the baggage claim.



Great job! It's time for you to start enjoying your trip!

