



Halloween Autism Safety Checklist 2025

A quick, parent-friendly guide for a fun, comfortable, and safe night for autistic children.

Before Halloween (Prep)

- ☐ Preview the plan with a visual schedule; mark start and end times.
 - ☐ Walk the route earlier in the week to note safe areas.
 - ☐ Test the costume for comfort: tags, seams, temperature, mobility.
 - ☐ Pack the calm kit: noise-reducing headphones, chewy/fidget, sunglasses, water, wipes, familiar snack.
 - ☐ Decide the signal to 'pause' or 'go home' (e.g., a card or hand sign).
 - ☐ Label clothing and use an ID bracelet or AirTag/Tile if appropriate.
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Costume & Sensory Comfort

- ☐ Choose soft, tag-free, breathable fabrics or wear comfy clothes under the costume.
 - ☐ Try face paint alternatives instead of masks; avoid tight hats and itchy trim.
 - ☐ Layer for warmth or cooling; bring a backup hoodie or T-shirt.
 - ☐ Practice the costume routine (on/off, bathroom breaks, sitting in the car).
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Trick-or-Treat Safety

- ☐ Pick a familiar, short route with safe crossings; go before dark if possible.
- ☐ Use visibility gear: reflective tape, clip-on lights, or glow sticks.
- ☐ Assign a buddy per child; take a recent photo and set phone location sharing if appropriate.



- ☐ Teach door etiquette with a simple script card (“Trick or Treat” / “Thank you!”).
 - ☐ Respect candy preferences/allergies; consider non-food treats (Teal Pumpkin).
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At-Home Alternatives

- ☐ Set up a ‘Treat Station’ at home with favorite snacks and small toys.
 - ☐ Plan sensory-friendly games: scavenger hunt, sticker bingo, glow-bubble play.
 - ☐ Invite one or two trusted friends/family for a calm mini-party.
 - ☐ Choose supportive shows or music; use dim lights or string lights.
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Aftercare & Next Day

- ☐ Create a cool-down routine: quiet space, deep-pressure tools, bath, audiobook.
 - ☐ Sort candy together; swap for preferred snacks/non-food rewards if needed.
 - ☐ Return to routine with a morning visual—sleep, meals, school timing.
 - ☐ Celebrate wins; jot notes for next year’s adjustments.
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Emergency Readiness

- ☐ Carry contact info and medical notes; set your phone ICE contact.
 - ☐ Review elopement plan: who watches, where to meet, door chimes active.
 - ☐ Keep a small first-aid kit and any meds (e.g., EpiPen/inhaler).
 - ☐ Know local calm spaces: quiet park, car break, home reset.
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💛 Tip: Pack a calm kit and set a clear end time before leaving.