

WINDOW SEAT
Therapist™

FIRST FLIGHT CONFIDENCE CHECKLIST

A simple step-by-step guide to help you feel more prepared for your first flight.

You don't have to know everything.

You just need to know what happens next.

WELCOME ABOARD

Use this checklist one step at a time. Airports have signs, airline staff can answer questions, and you are allowed to ask for help.

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1 BEFORE YOU LEAVE HOME

MY FIRST FLIGHT CHECKLIST

- ☐ Check your flight time
- ☐ Check which airport and terminal you're leaving from
- ☐ Download your airline's app
- ☐ Check in for your flight
- ☐ Save your boarding pass to your phone
- ☐ Charge your phone
- ☐ Pack your ID or passport
- ☐ Check your airline's baggage rules
- ☐ Put medications and important items in your carry-on
- ☐ Leave extra time to get to the airport

REMEMBER

Airports have signs everywhere. You do not need to know the airport layout before you arrive.

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2 AT THE AIRPORT
WHEN YOU ARRIVE

- ☐ Find your airline or follow signs for Departures
- ☐ Check your bag if needed
- ☐ Follow signs for Security / TSA
- ☐ Have your ID ready
- ☐ Follow the TSA officer's instructions
- ☐ After security, find your gate number
- ☐ Check the airport screens for your flight
- ☐ Find your gate
- ☐ Use the restroom and get water if needed
- ☐ Stay near your gate as boarding time approaches

YOU FOUND YOUR GATE

That's the hardest part done. Now stay nearby and listen for boarding announcements.

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3 BOARDING & THE FLIGHT

WHEN IT'S TIME TO BOARD

- ☐ Listen for your boarding group
- ☐ Have your boarding pass ready
- ☐ Find your seat number
- ☐ Place your larger carry-on in the overhead bin
- ☐ Put your smaller personal item under the seat
- ☐ Fasten your seatbelt
- ☐ Put your phone in airplane mode
- ☐ Listen to the safety demonstration
- ☐ Take a moment to look around

YOU'RE DOING IT

The plane may make noises. You may feel bumps. Your ears may pop. These are common parts of flying.

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4 WHEN YOU LAND
YOU MADE IT

- ☐ Wait until the seatbelt sign turns off
- ☐ Check the seat pocket and floor for your belongings
- ☐ Follow signs for Baggage Claim or Exit
- ☐ Check the screen for your baggage carousel if you checked a bag
- ☐ Collect your luggage
- ☐ Follow signs for Ground Transportation, Taxi, Rideshare, Train, or Rental Cars

And then...
DO SOMETHING TO CELEBRATE.

You just did something new.

ONE MORE THING

Notice how much you know now that you didn't know before you left home. That confidence gets to come with you on the next adventure.