

# PREPARING FOR MY TRIP

## EASY GUIDE

with checklists to  
prepare your trip.



Developed by the Autism Friendly Club and  
adapted for Hotel Landmar Costa Los Gigantes

**LANDMAR**  
COSTA LOS GIGANTES  
FAMILY RESORT



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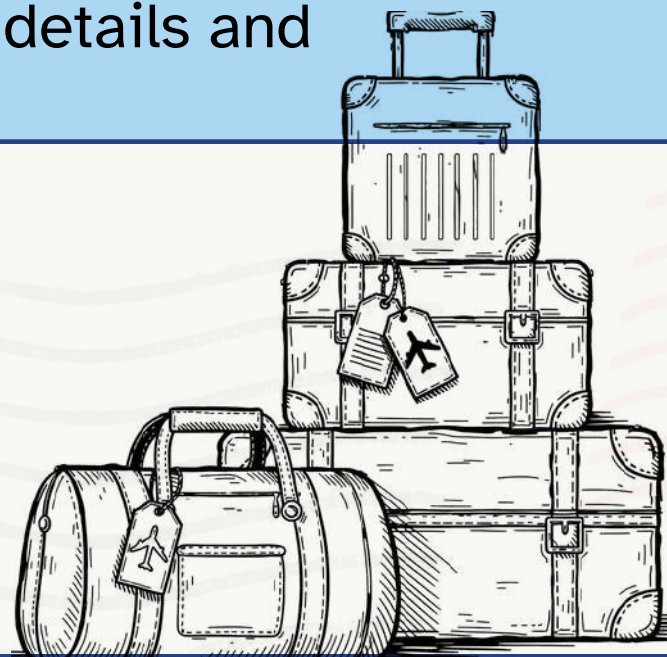
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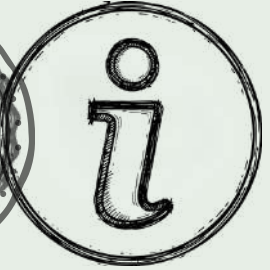


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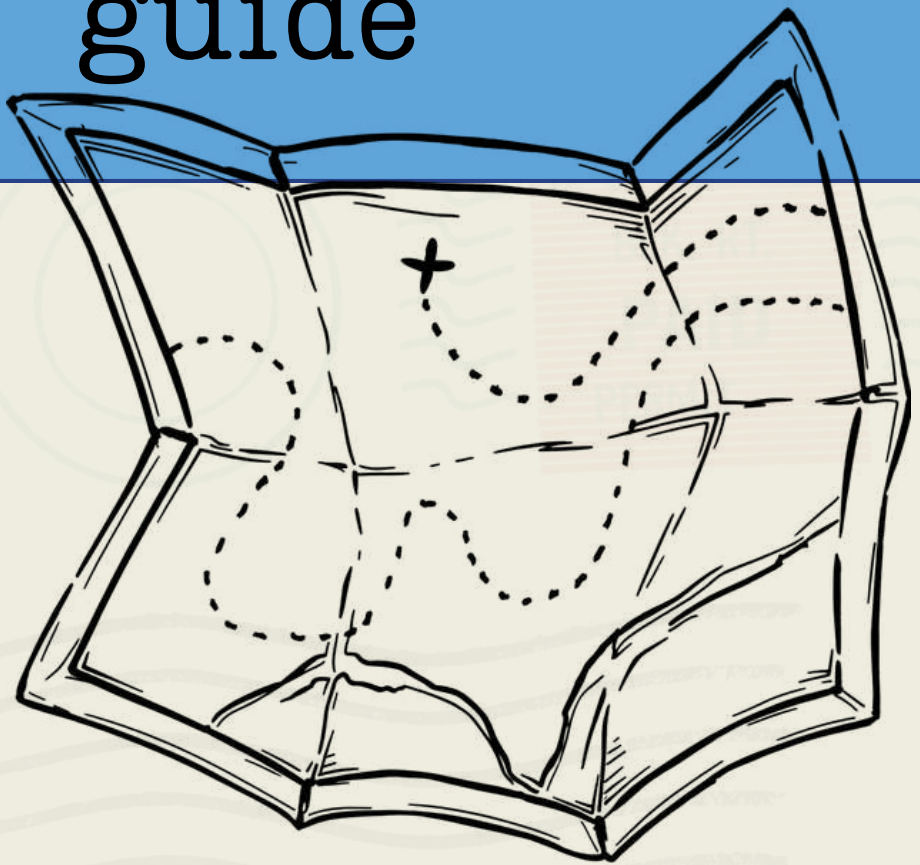


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# Information about this guide



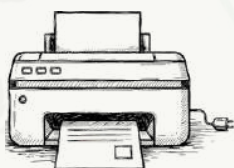
# INFORMATION ABOUT THIS GUIDE



This guide is designed to help you plan your trip in advance.

You will find guidance to help you prepare everything from your documents to your luggage.

We want to help make your stay with us as pleasant as possible.



When you see this symbol, it means it's a registration form to print and fill in with your trip details.



When you see this symbol, it means there is an external link.

Clicking on the link will allow you to view additional external information, such as a website or video.

# WHO PREPARED THIS GUIDE?

This guide has been written and designed by the Autism Friendly association, a non-profit organization that adapts and certifies environments as friendly and accessible for autistic people.



Discover more AUTISM FRIENDLY sites at [www.autismfriendlyclub.com](http://www.autismfriendlyclub.com) or by scanning the QR code.

# WHAT DOES IT MEAN TO BE AN AUTISM-FRIENDLY ENVIRONMENT?

A space certified as Autism Friendly must meet the following requirements:



It must have signage and visual aids that allow orientation around the establishment and decision-making.

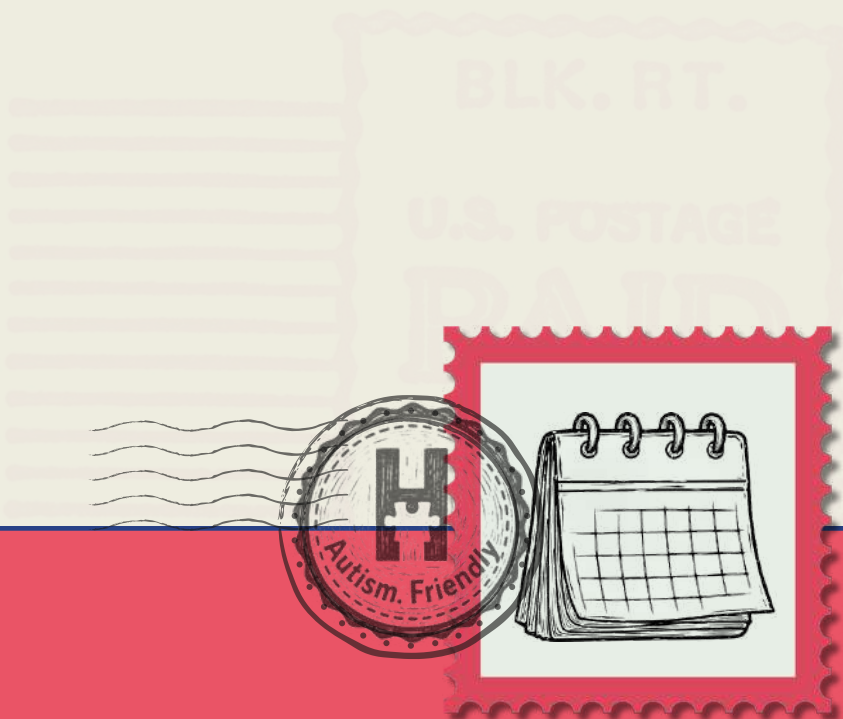
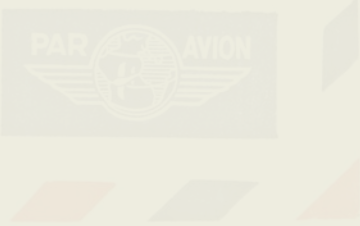


Apply specific protocols to care for autistic people.



Workers receive training on neurodivergence, especially on Autism Spectrum Disorder.

These requirements are reviewed annually to ensure they continue to be met.



# Registration sheets for recording dates and times







Write down the days you will be staying at our hotel.

Write down the approximate time of your arrival (check-in) and departure from the hotel (check-out).

If you don't know the hotel's check-in and check-out times, you can consult page 26 of this guide or write to us directly at

**holidays@landmarhotels.com**

## HOTEL BOOKING

### DATES



I arrive at the hotel on the day .....

My last day at the hotel is .....

### SCHEDULES



The arrival time at the hotel is .....

The hotel check-out time is .....



Please note the dates and times of the contracted transport on this form: flight, train or rental car.

\*\*Check with the hotel if there is a shuttle service to pick you up or take you to the airport.

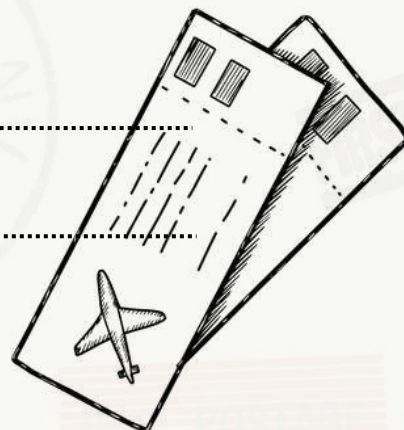
## TRANSPORT

### PLANE



Outbound trip: .....

Journey back: .....



### TRAIN



Outbound trip: .....

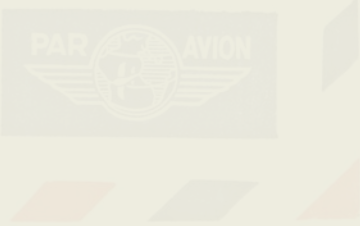
Journey back: .....

### RENTAL CAR\*\*



Outbound trip: .....

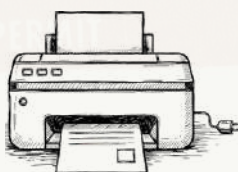
Journey back: .....



# Important documentation



On the following pages  
you will find a checklist with the important documents\*  
you will need for your trip.



\*This list is for guidance only.  
The aim is to help you remember  
and organize this part.

Print the sheets and check the boxes  
that correspond to the documents  
that you **MUST** bring with you.



## IDENTITY DOCUMENT

Check the expiration date!

National Identity Document (D.N.I.)

Foreigner's Identity Number (N.I.E.)

Passport

Driver's license

## TRANSPORT

Train ticket

Plane ticket

Car rental reservation

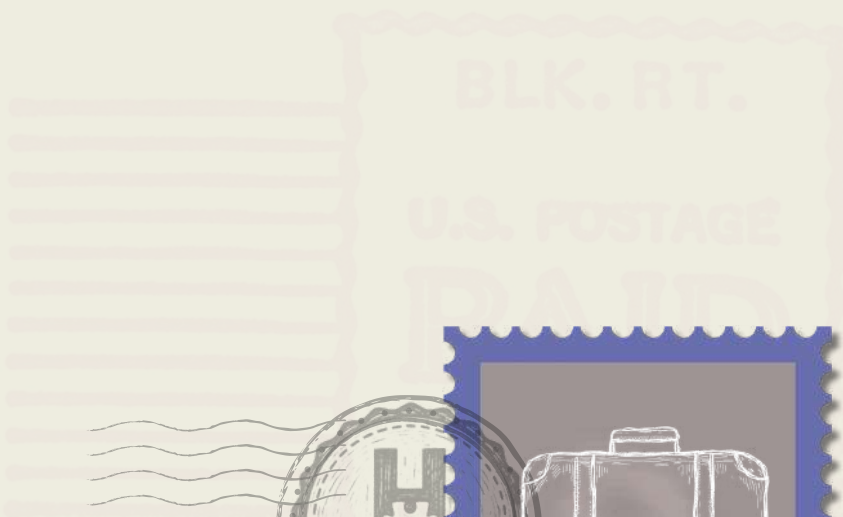
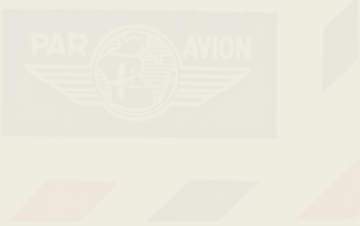
## HEALTH

Public Health Card

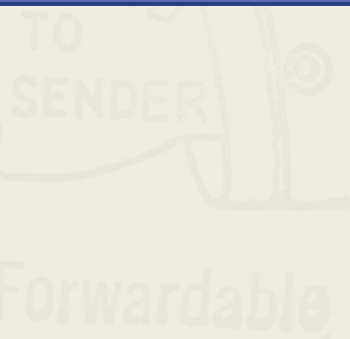
Health card Private healthcare

Medical reports

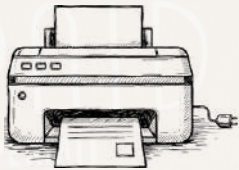
Updated medication list



# Checklists for packing my suitcase



On the following pages you will find different categories with "blank" lines.



Print and fill in the sheets with the things you are going to take on your trip.

When you're packing your suitcase, check what you have written down on these lists and make a mark in the box to indicate that it's already packed.



For example:



2 Short-sleeved T-Shirts



# CLOTHES

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# FOOTWEAR

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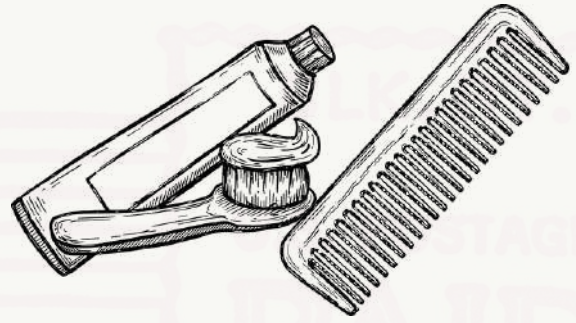


# ACCESSORIES

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
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# RESTROOM



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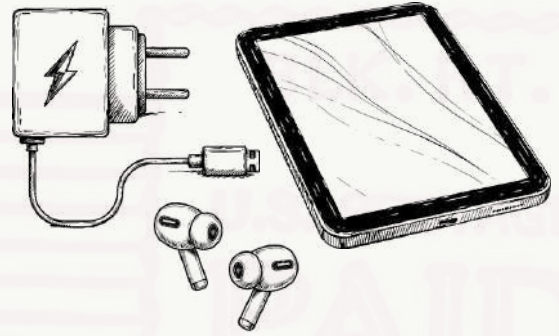
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# TECHNOLOGY

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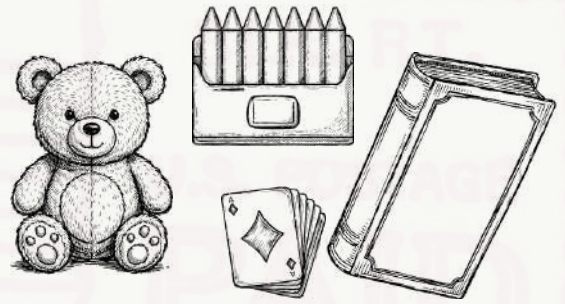
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# GAMES AND LEISURE

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<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
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<input type="checkbox"/>	_____



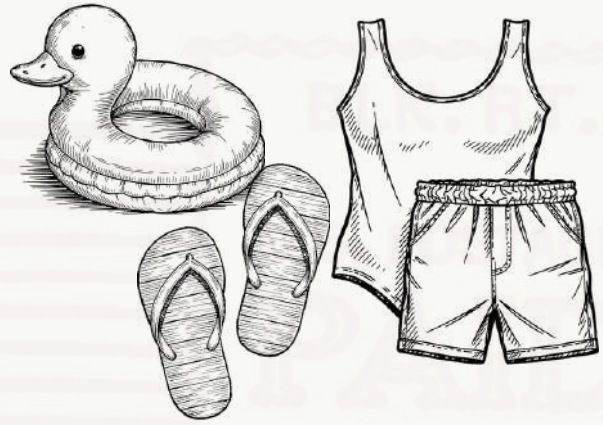
# SELF-REGULATION



<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
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<input type="checkbox"/>	_____
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# POOL/ BEACH



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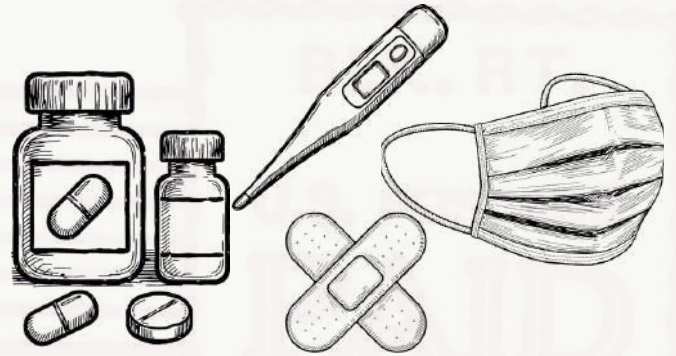
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# KIT/ MEDICATION



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<input type="checkbox"/>	_____
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# OTHER THINGS

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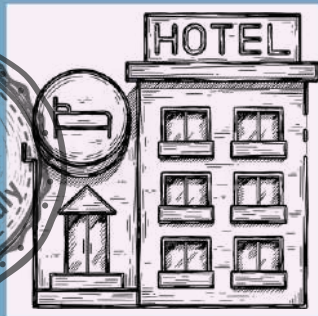
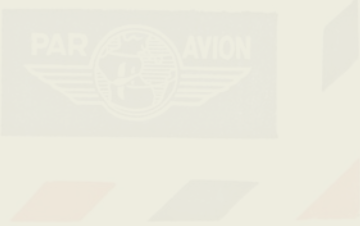
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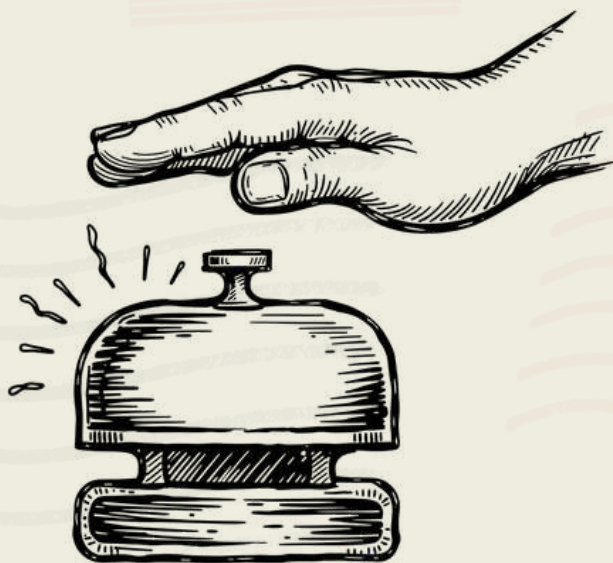
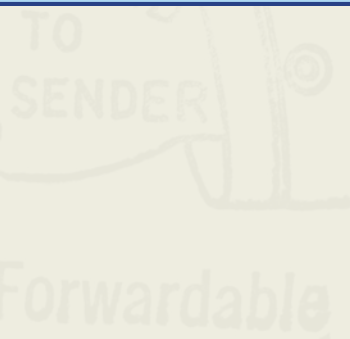
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# Hotel contact details and information



### HOTEL CONTACT

**Address**

C/ Juan Manuel Capdevielle, 8 — 38683 —  
Santiago del Teide, Santa Cruz de Tenerife

**Telephone**

922 862 991

**WhatsApp**

681 304 050

**Email**

holidays@landmarhotels.com

### HOTEL SCHEDULES

**Check-In**

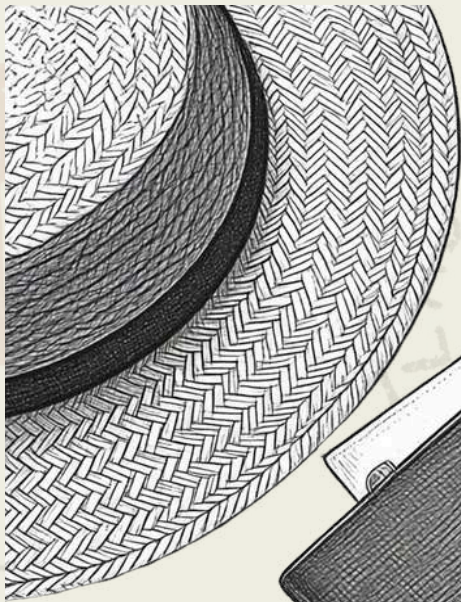
Hotel check-in starts at 3:00 PM.

**Check-Out**

The latest time to leave the hotel is  
before 12:00.

**Reception**

24 hours



# LANDMAR

**COSTA LOS GIGANTES**

FAMILY RESORT