

PREPARING FOR MY TRIP

EASY GUIDE

with checklists to
prepare your trip.



**Developed by Autism Friendly Club and
adapted for GLORIA Thalasso & Hotels**

GLORIA
Thalasso & Hotels



TABLE OF CONTENTS



Information about this guide



Registration sheets for dates and times



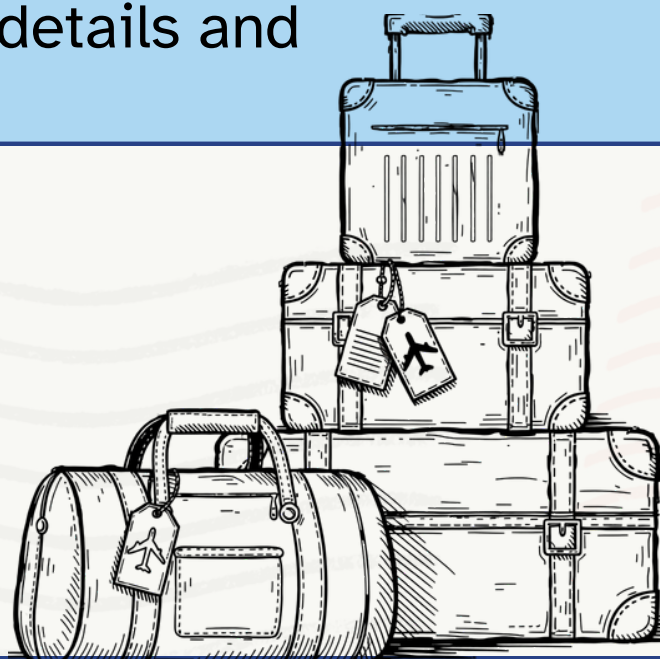
Important documents

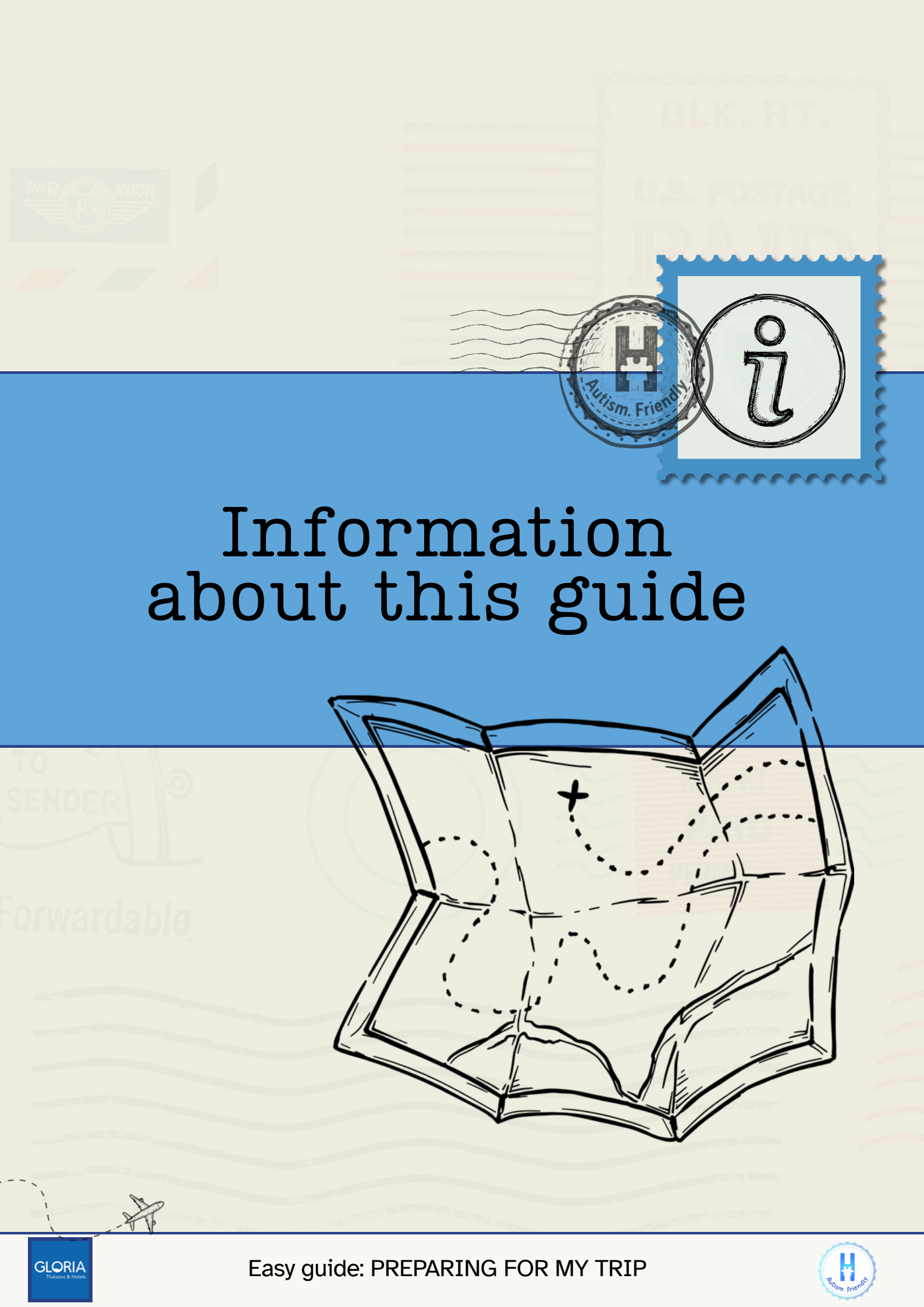


Checklists to pack my suitcase

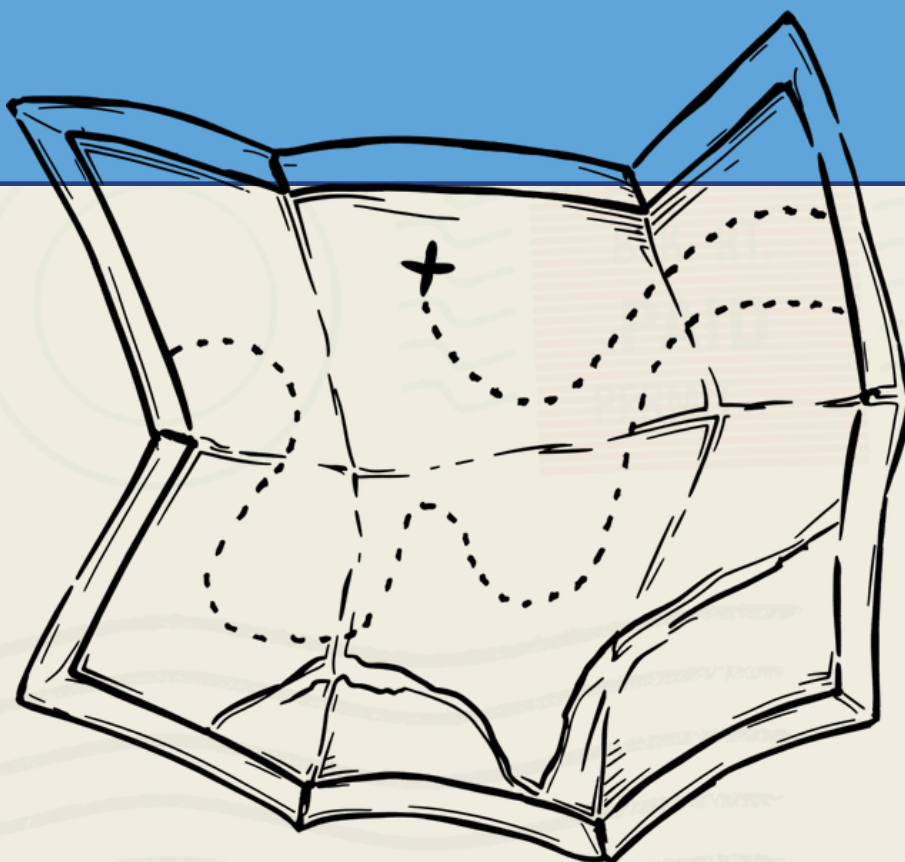


Hotel contact details and information





Information about this guide



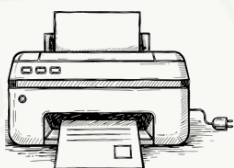
INFORMATION ABOUT THIS GUIDE



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.

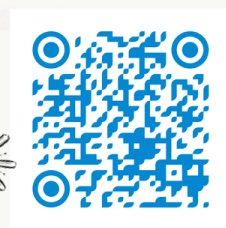


When you see this symbol, it means there is an external link.

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 association Autism Friendly Club, a non-profit organization that adapts and certifies environments as friendly and accessible for autistic people.



Discover more **AUTISM FRIENDLY** environments at 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.

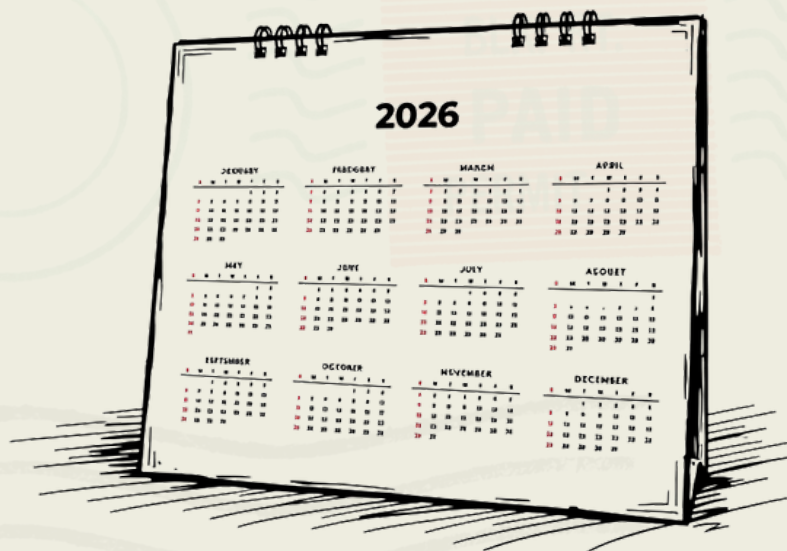
These requirements are reviewed annually to ensure they continue to be met.

PAR AVION

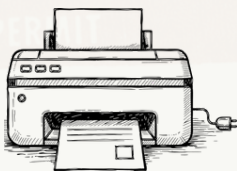
PLK. RT.
U.S. POSTAGE



Registration sheets for dates and times



On the following pages you will find some registration forms.



Print the sheets and write on them
the important dates and times
to organize your trip.



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 are unsure of the hotel's check-in and check-out times, you can consult pages 26-29 of this guide or mail us directly at reservas@gloriapalaceth.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 booked 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.

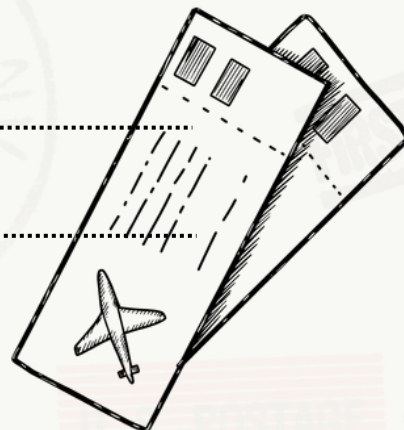
TRANSPORT

PLANE



Departure date and time:

Return date and time:



TRAIN



Departure date and time:

Return date and time:

RENTAL CAR**



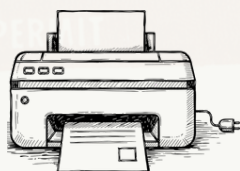
Departure date and time:

Return date and time:

Important documents



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

☐

Foreigner's Identity Number

☐

Passport

☐

Driver's license

TRANSPORT

☐

Train ticket

☐

Plane ticket

☐

Car rental reservation

HEALTH

☐

Public Health Card

☐

Health card Private healthcare

☐

Medical reports

☐

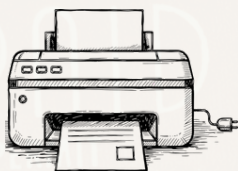
Updated medication list

The background features a collage of travel-related stamps and logos. At the top left, there is a 'PAR AVION' logo with a globe. To the right, a large, faded 'U.S. POSTAGE' stamp is visible. In the center-right, there is a blue circular 'Autism Friendly' logo with a stylized 'H' and a small suitcase icon. Below this, a larger illustration of a suitcase is shown. The main title 'Checklists to pack my suitcase' is centered in a large, white, serif font. At the bottom left, there is a small airplane icon flying over a dashed line. The bottom of the page has a blue bar with the 'GLORIA' logo, the text 'Easy guide: PREPARING FOR MY TRIP', and another 'Autism Friendly' logo.

Checklists to pack 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

☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____



FOOTWEAR

☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____



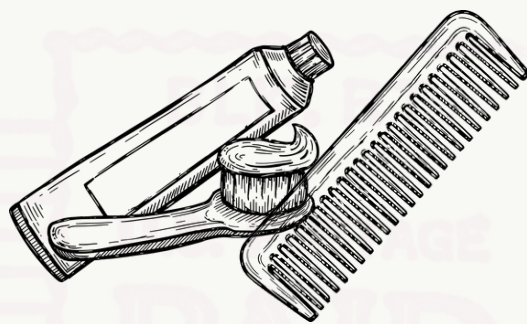
ACCESSORIES



☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____



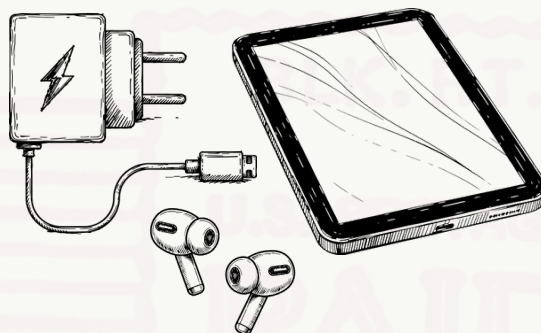
PERSONAL CARE PRODUCTS



☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____



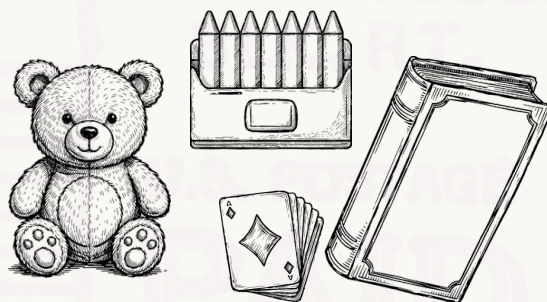
TECHNOLOGY



☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____



GAMES AND LEISURE



☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____



SELF-REGULATION



☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____



POOL/ BEACH



☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____



FIRST AID KIT/ MEDICATION



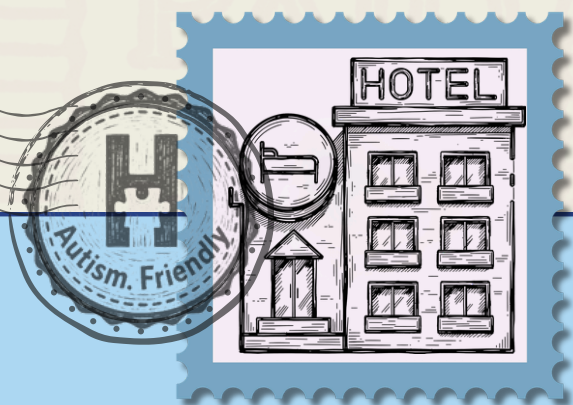
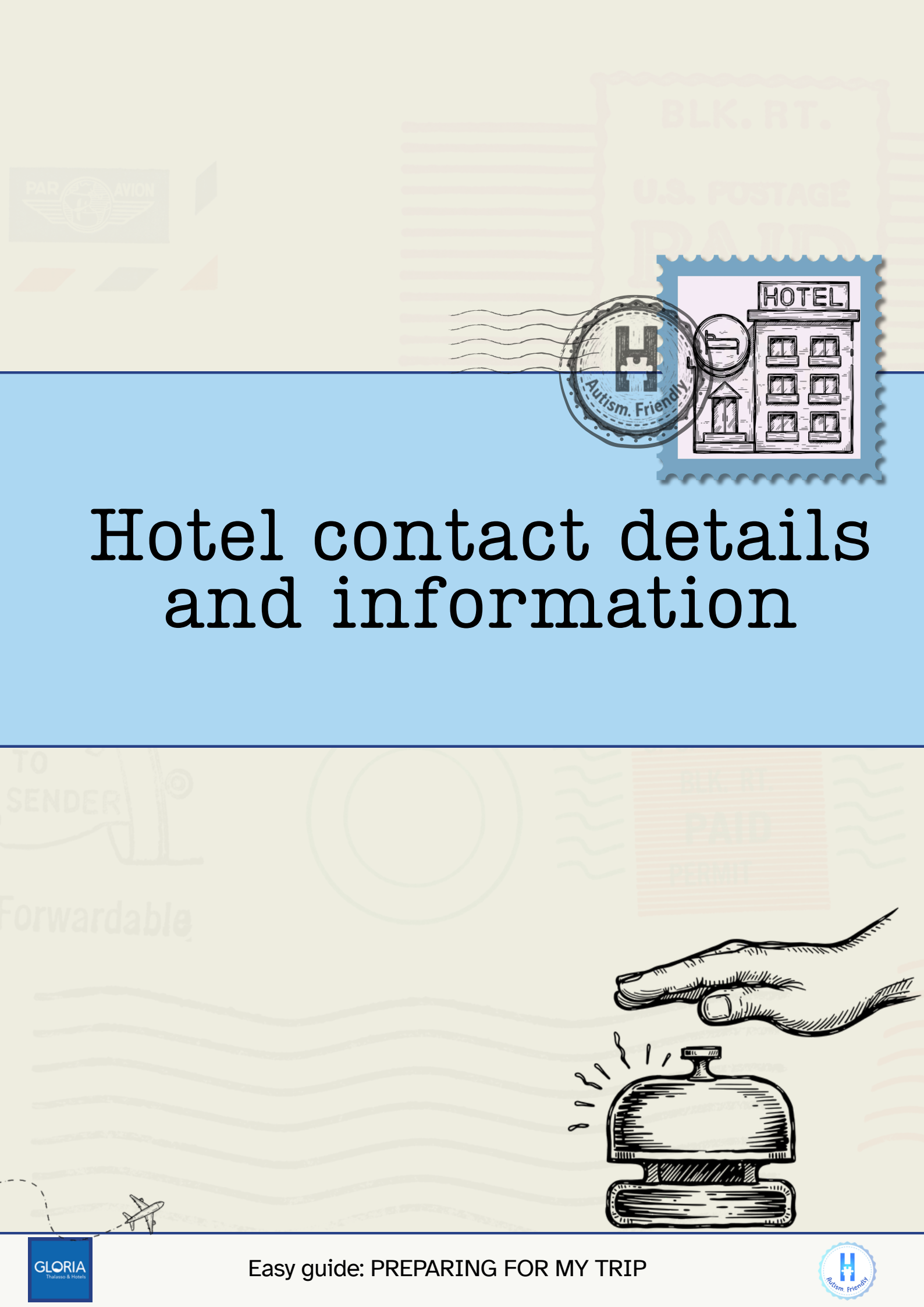
☐	
☐	
☐	
☐	
☐	
☐	
☐	
☐	
☐	
☐	
☐	



OTHER THINGS



☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____



Hotel contact details and information



GLORIA PALACE SAN AGUSTÍN

THALASSO & HOTEL

HOTEL CONTACT



Address

C/ Las Margaritas s/n - 35100 - San Bartolomé de Tirajana, Las Palmas



Telephone

928 12 85 00



Email

info.sanagustin@gloriapalaceth.com

HOTEL SCHEDULES



Check-In

Hotel check-in starts at 2:00 PM.



Check-Out

The deadline to leave the hotel is 12:00 PM.



Reception

Open 24 hours

GLORIA PALACE AMADORES

THALASSO & HOTEL

HOTEL CONTACT

**Address**

C/ La Palma, 2 - 35139 - Mogán,
Las Palmas

**Telephone**

928 12 85 10

**Email**

info.amadores@gloriapalaceth.com

HOTEL SCHEDULES

**Check-In**

Hotel check-in starts at 2:00 PM.

**Check-Out**

The deadline to leave the hotel is 12:00 PM.

**Reception**

Open 24 hours

GLORIA PALACE ROYAL

HOTEL & SPA

HOTEL CONTACT



Address

C/ Tamara, 1 - 35130 - Mogán, Las Palmas



Telephone

928 12 86 40



Email

info.royal@gloriapalaceth.com

HOTEL SCHEDULES



Check-In

Hotel check-in starts at 2:00 PM.



Check-Out

The deadline to leave the hotel is 12:00 PM.



Reception

Open 24 hours

GLORIA IZARO CLUB

HOTEL

HOTEL CONTACT

**Address**

C/ Salinas, 9 - 35508 - Puerto del Carmen,
Lanzarote

**Telephone**

928 82 90 20

**Email**

info@izaroclubhotel.com

HOTEL SCHEDULES

**Check-In**

Hotel check-in starts at 2:00 PM.

**Check-Out**

The deadline to leave the hotel is 12:00 PM.

**Reception**

Open 24 hours

