Going out checklist

A printable pack for ADHD and AuDHD brains, so you leave the house with everything, and come home with some battery left.

What's inside

- Before I leave: the big checklist
- Door cards to cut out and stick up
- My plan for going out
- The leave-the-house countdown
- When I get home: recharge and look back

Halfway down the road and suddenly wondering where your keys are? Running late because time disappeared? You are not alone. This pack takes the thinking out of going out, so your brain can save its energy for the fun part.

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Before I leave

Cross out what you never need, and add your own. Print a few copies, or pop it in a plastic sleeve and tick with a dry-wipe pen.

Every time

- [ ] Keys
- [ ] Phone
- [ ] Purse or wallet
- [ ] Bank card
- [ ] Travel card or ticket
- [ ] _____

For my body

- [ ] Medication
- [ ] Water bottle
- [ ] A safe snack
- [ ] Coat or umbrella
- [ ] _____

For my brain

- [ ] Headphones or earplugs
- [ ] Fidget or comfort item
- [ ] Sunglasses or a cap
- [ ] Something to read or do
- [ ] _____

Just in case

- [ ] Phone charger or power bank
- [ ] Tissues
- [ ] Lip balm
- [ ] Plasters
- [ ] _____

Where I can, I keep these by the door

Door cards

Cut along the dashed lines. Stick one on the inside of your front door, at eye level. Use the blank one for your own list.

Stop! Have you got...

- ☐ Keys
- ☐ Phone
- ☐ Wallet
- ☐ Headphones
- ☐ Charger
- ☐ Meds

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My door list

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

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My plan for going out

Fill this in on a calm day before you go. A plan made in advance means fewer decisions when your brain is busy.

Where:

Date and time:

Getting there:

Getting home:

I will leave by:

How full is my battery today?

☐ ☐ ☐ ☐ ☐

Low? Go for less time, or say no this once.

My quiet spot there

My safe person

My words to leave

e.g. "I'm going to head off now. Thanks so much for having me."

The leave-the-house countdown

ADHD brains are often not great at guessing how long things take. Work backwards from when you need to be there.

Work out when to start

I need to be there at		
Travel takes		minutes
Add extra, just in case		15 minutes
So I leave at		
And start getting ready at		

60 min

Shower, get dressed, eat something.

30 min

Pack your bag with the checklist. Check your plan.

15 min

Shoes, coat, loo. Phone off charge.

5 min

Read your door card. Keys, phone, wallet.

Go!

You did it. Anything forgotten can probably wait.

When I get home

Going out uses a lot of battery, even when it is fun. Recharging is part of the plan, not a reward.

Recharge

- [ ] Shoes off, comfy clothes on
- [ ] A drink of water
- [ ] Something to eat
- [ ] 20 minutes of quiet
- [ ] Lights down low
- [ ] _____

How did it go?

- [ ] Great
- [ ] OK
- [ ] Hard
- [ ] A bit of everything

Battery left:

☐ ☐ ☐ ☐ ☐

What helped

Next time, I will

Struggling or not safe? Call 999 in an emergency. Samaritans: 116 123, free, any time. Under 19? Childline: 0800 1111. Or text SHOUT to 85258.

Want more? Try Vibe Check.

The free app from The ADHD Vibe. It changes to match how you feel, with tools for every kind of ADHD day.

- Pick your vibe, get one thing that helps
- Help button on every screen for hard moments
- Find my words, wins jar, trigger list and more
- AuDHD calm mode, and hide what you don't need
- Private: everything stays on your device

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The going out checklist is also in the free Vibe Check app, where you can change it to suit you.

The ADHD Vibe shares things that help many people. It is a wellbeing guide, not medical advice. If you are struggling, please talk to your GP.

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