

School Trip Checklist for Young People with Epilepsy

Print this checklist before a school trip or residential stay to make sure you are supported and included.

You can look at this on your own, with a parent or carer, or with a teacher.

Before the trip

- I know where we are going and what the trip involves
 - I know who is leading the trip
 - I know who I can talk to if I feel worried or unwell
 - My school knows I have epilepsy
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Making sure staff understand my epilepsy

- School staff know what my seizures look like
- They know what to do if I have a seizure
- They know what helps me after a seizure
- They know if I have any seizure triggers, like tiredness or flashing lights

(You do not have to explain everything yourself. A parent or carer can help with this.)

Medication and health support

Only tick what applies to you.

- Staff know if I take epilepsy medication during the day
- There is a clear plan for carrying or giving my medication
- Staff know if I use emergency medication and when it should be given
- I know who to ask if I need medical help

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Staying safe and included during the trip

- I can take breaks if I need to
- I know there is a plan if I feel tired or unwell
- Small changes have been made so I can take part like everyone else
- I feel comfortable speaking up if something feels wrong

Asking for support is not special treatment. It is about fairness and safety.

Extra checks for residential or overnight trips

Only tick if you are staying away overnight.

- The school has a night time plan if I usually have seizures when asleep
 - Staff know what to do if I have a seizure at night
 - My medication is stored safely and can be accessed when needed
 - I know who to talk to if I feel anxious or homesick
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Feeling confident before I go

- I have had a chance to ask questions
- I understand the plan if I need help
- I feel listened to
- I feel as ready as I can be

It is okay if you still feel nervous. Most people do before a trip.

If something does not feel right...

If you cannot tick some boxes, that does not mean you should miss the trip.
It means a conversation needs to happen.

You can:

- Talk to a teacher
- Ask a parent or carer to speak to the school
- Ask for help from Young Epilepsy

Planning ahead helps you stay safe and enjoy the trip.