



# Accessible Festival & Event Checklist

I love festivals but the disability admin is real, and though it is frustrating and annoying, sometimes it is needed for you to enjoy an event or festival.

My name is Sam Cleasby also known as So Bad Ass, I am a disability activist, a disabled artist, writer and storyteller, I live with an ostomy bag, chronic pain, conditions related to surgery complications and fatigue.

I created this checklist to try and make life a little easier for you to attend events and festivals. Please feel free to print, add your own personal requirements and also share with others.

SAM CLEASBY | [WWW.SOBADASS.ME](http://WWW.SOBADASS.ME)



## Before You Book

- ☐ Check the event's accessibility or access information page
- ☐ Find out what accessible facilities are available
- ☐ Apply for accessible tickets if needed
- ☐ Apply for a free or discounted companion/carers ticket (if offered)
- ☐ Check the deadline for access applications
- ☐ Contact the access team if you have specific requirements
- ☐ Ask for a site map in advance
- ☐ Check whether assistance dogs are welcome and what facilities are available
- ☐ Find out whether there are Changing Places toilets if required
- ☐ Check if the festival has Attitude is Everything accreditation - an industry award system that independently assesses an event's accessible facilities
- ☐



# Planning Your Journey

- ☐ Is accessible parking available? Does it need to be booked?
- ☐ Are Blue Badge spaces close to the entrance?
- ☐ Are shuttle buses wheelchair accessible?
- ☐ If travelling by train, book Passenger Assist if needed
- ☐ Consider traffic and allow extra travel time
- ☐ Plan an accessible route home
- ☐ Check whether taxis or accessible transport need to be booked in advance
- ☐ Is there a specific accessible entrance?
- ☐ Where are the event's Access Team based and what is their contact information?
- ☐
- ☐



## Understanding the Venue

- ☐ How far is it from the entrance to the arena?
- ☐ Are there steep hills or uneven ground?
- ☐ Is the site mainly grass, gravel, tarmac or mud?
- ☐ Are there places to sit and rest?
- ☐ Is there shade if it's hot?
- ☐ Are there indoor spaces if the weather changes?
- ☐ Is there somewhere quiet if you need a sensory break?
- ☐ Is there a map with distances within the site?
- ☐ Check bag size limitations
- ☐
- ☐



## Toilets & Personal Care

- ☐ Where are the accessible toilets?
- ☐ Are they RADAR key operated or do you need a wristband or code from the Access Team?
- ☐ Are there Changing Places facilities?
- ☐ Are toilets close to viewing areas?
- ☐ Will there be queues?
- ☐ If you have a stoma, are there disposal bins and handwashing facilities nearby?
- ☐ Pack any personal hygiene supplies you may need
- ☐
- ☐
- ☐
- ☐



# Medication & Medical Equipment

- ☐ Pack enough medication for the whole day (plus extra, just in case)
- ☐ Carry medication in its original packaging
- ☐ Bring a copy of your prescription
- ☐ Pack pain relief if appropriate
- ☐ Take emergency medication (such as inhalers or EpiPens) if needed
- ☐ Keep medication somewhere easily accessible
- ☐ If medication needs refrigeration, check whether the venue can help
- ☐ Where are the Welfare and First Aid areas?
- ☐ Speak to the Access team about bringing medication onsite
- ☐
- ☐



## Mobility Aids

- ☐ Charge your powered wheelchair or mobility scooter
- ☐ Bring the charger if you'll be away all day
- ☐ Carry puncture repair equipment if relevant
- ☐ Pack spare batteries for hearing aids or communication devices
- ☐ Check whether mobility scooter hire is available
- ☐ If you use alternative mobility aids (a stool, Alinker, walker) check with the Access Team
- ☐ Check the event has charging points and where they are
- ☐
- ☐
- ☐
- ☐



## Packing for a Stoma

- ☐ Spare stoma bags. More than you think you may need!
- ☐ Adhesive remover
- ☐ Barrier wipes or spray
- ☐ Disposal bags
- ☐ Dry wipes or tissues
- ☐ Hand sanitiser
- ☐ Spare underwear
- ☐ Change of clothing
- ☐ Plenty of fluids to stay hydrated, including rehydration sachets or tablets
- ☐
- ☐



# Communication & Sensory Needs

- ☐ Check whether BSL interpreters will be available
- ☐ Ask if captioning is provided
- ☐ Look for hearing loop facilities
- ☐ Find out if there are quiet or sensory spaces
- ☐ Download any event apps beforehand
- ☐ Take ear defenders, noise cancelling headphones or loop earplugs if needed
- ☐
- ☐
- ☐
- ☐
- ☐



## Food & Drink

- ☐ Check dietary options available on site if you have allergies or medical needs
- ☐ Can you take your own food?
- ☐ Can you bring water or an empty bottle to refill?
- ☐ Speak to the Access Team if you need to take snacks if you have diabetes or need to eat regularly
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐



## Weather

- ☐ Waterproof coat or poncho
- ☐ Sun hat and sunglasses
- ☐ Sun screen
- ☐ Layers for changing temperatures
- ☐ Cooling products if heat affects your condition
- ☐ Waterproof covers for mobility equipment
- ☐ Change of clothing
- ☐ Speak to Access Teams if you are bringing a bag larger than is permissible under usual circumstances
- ☐
- ☐
- ☐



# Technology

- ☐ Fully charged phone
- ☐ Portable power bank
- ☐ Charging cable
- ☐ Digital copy of tickets
- ☐ Medical ID information on your phone
- ☐ Any communication apps you may use
- ☐ Emergency contact details - including an off-site contact
- ☐ Speak to the Access Team about whether it is helpful to have your medical needs and emergency contact on file
- ☐
- ☐



## Comfort & Personal Items

- ☐ Folding seat (if permitted)
- ☐ Cushion and blanket
- ☐ Ear defenders or noise-cancelling headphones
- ☐ Fan
- ☐ Wet wipes
- ☐ Hand sanitiser
- ☐ Tissues
- ☐
- ☐
- ☐
- ☐



## Safety & Security

- ☐ Know where the first aid point and Welfare is onsite
- ☐ Identify a meeting point if you're attending with others.
- ☐ Carry emergency contact information.
- ☐ Wear a medical alert bracelet if appropriate.
- ☐ Consider using a Sunflower lanyard, Can't Wait Card or other ID that explains your needs
- ☐ Find out where the accessible queuing lanes are and speak to staff if you're unable to stand for long periods
- ☐ Understand the search procedures of the event and expect to be searched including bags and mobility aids as standard
- ☐ Understand the re-entry policy and speak to the Access Team if you need to leave and return onsite
- ☐
- ☐



## Don't Forget...

- ☐ Pace yourself.
- ☐ Take regular breaks.
- ☐ Stay hydrated
- ☐ It's okay to leave early if you need to.
- ☐ Listen to your body
- ☐ Ask for support if something isn't accessible
- ☐ Know your rights
- ☐ The Access Team are there to support you
- ☐ If there is a problem, keep calm, speak to the Access Team, security or staff and if you need to complain, be clear on the issue
- ☐
- ☐



# Thank You!

I hope you found this checklist helpful, not every item will be appropriate for you and you may need to add on your own personal requirements. But I hope I have reduced a little of your festival admin stress by putting it all in one place!

Please follow my blog, Instagram and Facebook and share with anyone who may benefit from this checklist!

*Sam Cleasby*



[@SOBADASS\\_SAM](#)



[@SOBADASS1](#)



[WWW.SOBADASS.ME](http://WWW.SOBADASS.ME)



[SAM@SOBADASS.ME](mailto:SAM@SOBADASS.ME)