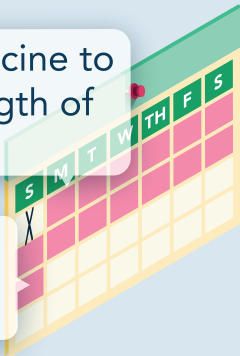


# Traveling with Epilepsy

Here are some tips from advocates living with epilepsy to help your trip stay fun and safe!

Pack enough medicine to last twice the length of your trip



Be mindful of your seizure pattern

Remember to stay hydrated

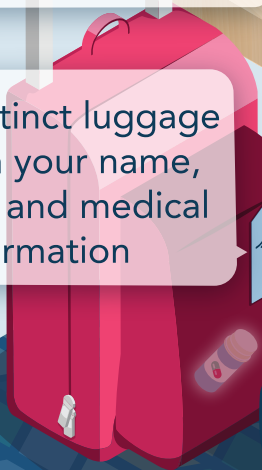


Use a weekly pill case to help keep track of your doses

Get plenty of rest and don't forget an eyemask, pillow or earplugs

Always have a backup plan or safe space in case of emergency

Use a distinct luggage tag with your name, number, and medical information



Always carry your medicine in two different places

**Don't forget to have fun!**



Tips from Advocates:  
Alan C., Anita M., Loretta B.,  
Maria H., Susan N., Jeff K., Bill B.,  
Greg and Melanie W.,  
Amy W., & Mary Anne H.,