Attending Large Events

Attending a large event could include a sports game, concert, festival, or other big gathering of people.
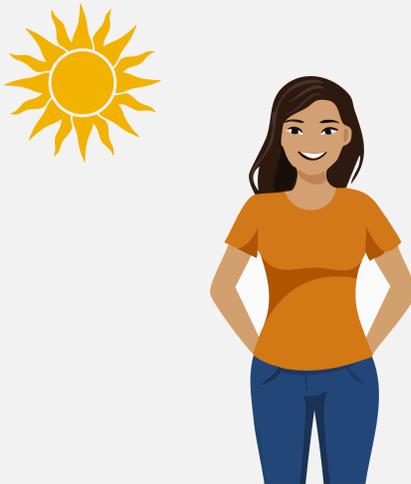
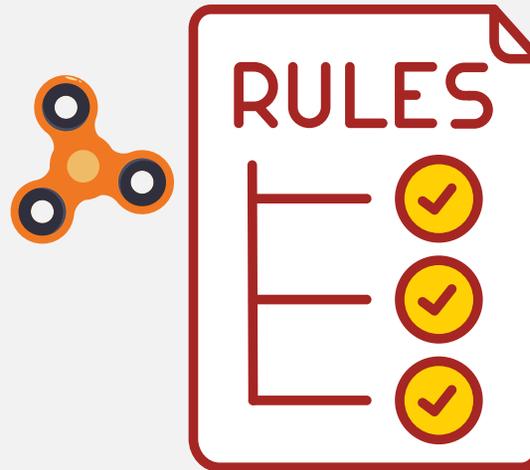Before the event, I should look at the event's website to prepare.

When I go, I should bring my ticket, ID, money, and phone.

I should also dress appropriately, depending on whether the event is indoors or outdoors.

I can pack sensory and comfort items, but I should check the event rules to make sure it is allowed.

I should arrive early so I have time to park.

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When I arrive, there may be a lot of people and noise, and I may have to wait in line to enter the event.

During the event, there will be crowds, and it will be noisy. I can ask staff if there is somewhere quiet to go if I feel overwhelmed.

I'm overwhelmed. Is there a quiet place I can go to?

Yes, follow me.

Loud sounds and bright lights might also be part of the experience. Headphones and sunglasses can help.