People with epilepsy may want to consider some of these travel tips before they set foot on a new adventure. Planning ahead is advisable and will make traveling with heightened security a little bit easier.

- Wear a medical alert bracelet or necklace
- Think about your type of seizure(s), frequency of seizures, and triggers. It is acceptable to travel by plane. Consider traveling with a companion who knows first aid for your seizures
- Take two supplies of medication in labeled containers; one for your luggage, and the other to be kept in your daypack. A pillbox should be labeled as well
- Talk to your doctor about how to take medication if you're traveling over different time zones
- If traveling by plane consider jet lag and plan in your schedule to catch up on sleep
- If you have a Vagal Nerve Stimulator (VNS), carry the registration card, a patient manual, and a letter from your doctor about the device (location, reason for magnet)
- Travel with a letter from your doctor stating your type of seizure, description of what to do if you have a seizure, a description of medications and doses you take, and if you have a VNS an explanation of its use
- If traveling out of Canada, make sure you have travel insurance in case you have a seizure
- If you need to travel with a companion and are traveling with VIA Rail, the companion can travel free if they're a member of Epilepsy Canada. Contact your local VIA Rail office for details.

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