



Tool: Pre-Event Prep Checklist

After filling in your self-assessment, you've decided to attend an event. Now what? This checklist is designed to help you prepare for social gatherings with confidence and ease. Each section outlines specific tasks to complete before the event. Feel free to adapt it to fit your needs and priorities.

Research the Event

- Refer back to the "Setting Yourself Up for Success at Social Gatherings" chapter for tips.
- Look up the venue online (photos, reviews, layout).
- Check the event schedule (structured vs. unstructured activities).
- Ask mutual friends who are attending about the crowd or setting.

Plan Your Outfit

- Select clothes that feel comfortable and make you feel confident.
- Do a trial run of your outfit if it's something you don't usually wear.
- Consider bringing earplugs or noise-canceling headphones for noisy environments.

Prepare for Conversations

- Think of a few conversation starters (e.g., "What's the most exciting thing you've done this week?" or "How do you know [the host]?").
- Reflect on safe topics of interest to you and others (movies, hobbies, pets).

Eat Beforehand

- Have a small meal to avoid feeling hungry or low-energy.
- Keep a light snack in your bag for later, if needed.

Review Your Limits

- Decide how long you'll stay. Remember that you can always stay longer if you're comfortable.
- Set a timer or reminder on your phone to check in with yourself during the event.

Plan Transportation

- o Confirm how you'll get there and back to minimize stimulation (public transport, ride-share, driving).
- o If you're relying on others, arrange backup options for leaving when you're ready.

With everything in place, you're ready to have a great time.

Enjoy your event!