

Accessible Wedding Planning Checklist



General Planning & Mindset

- Identify your non-negotiables (e.g., rest time, seating, access needs).
- Build a timeline that prioritises rest and flexibility.
- Delegate tasks to trusted people to avoid burnout.
- Plan for flare days: include backup plans for pacing, roles, and tasks.
- Communicate needs early with your vendors
- Consider hiring a wedding planner or coordinator familiar with chronic illness or disability needs.
- Schedule in downtime before and after the wedding day.
- Give yourself permission to say no to traditions that don't serve you.

Venue Accessibility

- Step-free access to all guest areas (ceremony, reception, toilets, parking).
- Ramps, lifts, and wide doorways for mobility aids.
- Accessible toilets that are clean, unlocked, and easy to reach.
- Quiet/low-stimulus room available for breaks or rest.
- Ample seating throughout venue for rest opportunities.
- Parking close to the entrance, including blue badge/accessible spaces.
- Clear signage or staff available to assist guests with needs.
- Outdoor spaces reviewed for uneven ground, gravel, grass, etc.
- Lighting and sound systems checked for sensitivity triggers (e.g., strobe lights, loud music).

Attire & Comfort

- Choose outfits that allow for movement, sitting, and temperature regulation.
- Adaptive clothing options explored (e.g., magnetic fastenings, dressing aids).
- Flat or supportive shoes, orthotic-friendly options.
- Bring aids like compression garments, mobility aids, cooling vests, heat pads.
- Include a small kit with pain relief, meds, snacks, water, fan, etc.
- Factor in rest breaks during dressing and prep.

Ceremony & Reception Pacing

- Build extra time into every part of the schedule.
- Keep ceremony duration comfortable and seating accessible.
- Allow flexible arrival times for guests who need it.
- Plan short speeches or breaks between events.
- Include seated alternatives to standing traditions (e.g., standing photos, receiving lines).
- Have a rest chair nearby if you need to sit during your drinks reception.

Guest Accessibility

- Ask guests to confidentially share access needs or sensitivities in RSVP.
- Provide clear details about venue access and parking in invites/website.
- Offer a range of food and drink options (allergies, sensory needs).
- Assign accessible seating with extra space for mobility aids.
- Include subtitles/BSL for videos or music, if relevant.
- Provide printed and digital copies of key info (maps, menus, schedules).
- Brief staff or volunteers on how to support guests with needs.

Extras & Contingencies

- Create a flare-up or bad day plan (who to contact, what to change).
- Use wedding insurance that covers health-related cancellations.
- Build an "exit strategy" — a gentle way to leave the event early if needed.
- Celebrate your wins — even the small ones — throughout planning.