

Back to School Checklist

A complete checklist to prepare students and families before the new school year begins.

Supplies and equipment

- Find your school or teacher's required supply list for the grade.
- Inventory supplies you already own before buying anything new.
- Buy core writing and paper supplies such as pencils, pens and notebooks.
- Choose a sturdy backpack and lunch bag that fit your child's size.
- Label all supplies, clothing and devices with your child's name.
- Pack a small supply kit to keep at home for homework.

Paperwork and registration

- Confirm your child is registered or re-enrolled for the year.
- Complete and return all enrollment and emergency contact forms.
Note any forms with firm deadlines before the first day.
- Update your address, phone and email with the school office.
- Set up the school's parent portal, app or communication account.
- Review and sign any policy, media or field-trip consent forms.
- Arrange transportation, bus route or carpool details.

Health and wellness

- Schedule any required physical, dental or eye exams.
- Confirm immunizations are up to date and records are on file.
Many schools require proof before attendance.
- Refill and label any medications the school will need to store.
- Complete a medical or allergy action plan if your child needs one.
- Pack hand sanitizer, tissues and a water bottle.

Clothing and personal items

- Check what still fits and make a list of what to replace.
- Buy school clothes, shoes and any required uniform pieces.
- Prepare weather-appropriate outerwear for the first weeks.
- Sort out gym, sports or activity clothing and footwear.
- Set aside a complete first-day outfit in advance.

Routines and readiness

- Shift bedtime and wake time earlier over one to two weeks.
- Practice the full morning routine on a trial run.
- Set up a quiet, organized homework space at home.
- Plan healthy breakfasts and a week of lunch ideas.
- Create a family calendar for school dates and activities.
- Talk with your child about expectations and any worries.

Before the first day

- Attend any orientation, open house or meet-the-teacher event.

- Walk or drive the route to school and locate the classroom.
- Pack the backpack the night before with everything needed.
- Lay out clothes, shoes and the lunch plan for the morning.
- Charge any required device and confirm logins work.
- Confirm pickup, aftercare or transport plans for day one.