

First Day of School Checklist

Everything to prepare the night before and morning of the first day of school.

The night before

- Lay out the complete first-day outfit and shoes.
- Pack the backpack with all supplies and forms.
- Prepare lunch or set aside lunch money.
- Charge any device and confirm logins work.
- Set alarms with extra buffer time for the morning.
- Get the whole family to bed early.

An earlier night makes the first morning smoother.

Morning of day one

- Wake up with enough time to avoid rushing.
- Serve a calm, healthy breakfast.
- Help your child dress and get ready.
- Do a final backpack check against the list.
- Take a first-day photo if your family likes to.
- Leave a few minutes early to arrive relaxed.

Documents and items to bring

- Bring any forms the school asked you to return.
- Pack the student ID, bus pass or entry card.
- Include emergency contact information.
- Bring proof of registration if requested.
Check the school's first-day email for specifics.
- Add any medication with instructions for staff.
- Include a labeled water bottle and snack.

Emotional preparation

- Talk through what the school day will look like.
- Reassure your child about pickup time and place.
- Pack a small comfort item if it helps.
- Practice a quick, confident goodbye routine.
- Keep your own tone calm and positive.
- Plan a relaxed after-school chat about the day.

Logistics

- Confirm the route and travel time to school.
- Arrange transport, bus stop or carpool details.
- Note the classroom, teacher and room number.
- Confirm drop-off and pickup locations and times.
- Set up aftercare or activity plans if needed.
- Save the school office number in your phone.