



SAT Test-Day Checklist for Parents

What to have ready the night before — so the morning is boring.

The best test mornings are uneventful. Run this list the evening before and there is nothing left to think about.

The night before

- ☐ **Admission ticket:**
Printed or saved to the phone — from the College Board account.
- ☐ **Photo ID:**
School ID or passport; name must match the registration.
- ☐ **Device charged:**
If testing on their own laptop/tablet: fully charged, Bluebook app installed and updated, exam downloaded.
- ☐ **Charger packed:**
Test centers have outlets but not always nearby ones.
- ☐ **Calculator (optional):**
Desmos is built in, but an approved handheld is a comfort item — fresh batteries.
- ☐ **Snacks & water:**
For the break — nothing that needs refrigeration.
- ☐ **Layers:**
Test rooms run cold or hot; a hoodie solves both.
- ☐ **Directions checked:**
Know the test center address and where to park; aim to arrive by 7:45 a.m.
- ☐ **Reasonable bedtime:**
The last 50 points come from sleep, not from one more practice section.

The morning of

- ☐ **Real breakfast:**
Protein over sugar; the test runs through lunch-ish.
- ☐ **Phone plan:**
Phones get collected or silenced — agree on a pickup plan before drop-off.
- ☐ **Low-key send-off:**
Confidence in, pressure out. They've done the work.