

Back-to-School & University Checklist

Use the sections that apply to your household.
Add dates beside anything time sensitive.

School

- ☐ Add term dates and inset days to calendar
- ☐ Check uniform and shoes
- ☐ Label clothing / equipment
- ☐ Check PE / sports requirements
- ☐ Add clubs and recurring activities
- ☐ Complete outstanding forms
- ☐ Save school contact details
- ☐ Check lunch / payment accounts
- ☐ Plan morning / after-school transport
- ☐ Create a place for letters / returns

Sunday reset

- ☐ Check the coming week's timetable
- ☐ Check deadlines / forms
- ☐ Plan food / shop
- ☐ Check laundry / equipment
- ☐ Review travel
- ☐ Add anything to BUY / BOOK / COMPLETE / REMEMBER



University - before leaving

- ☐ Confirm accommodation details
- ☐ Save tenancy / accommodation documents
- ☐ Check student finance / payment dates
- ☐ Gather ID and important documents
- ☐ Plan travel and arrival slot
- ☐ Check contents / possessions insurance
- ☐ Prepare medication / prescription arrangements
- ☐ List emergency / family contacts
- ☐ Check course equipment requirements
- ☐ Prepare basic household / first-aid items

First week at university

- ☐ Complete accommodation inventory if required
- ☐ Check university registration steps
- ☐ Learn campus / security contacts
- ☐ Register with a local GP if appropriate
- ☐ Locate pharmacy / supermarket/laundry
- ☐ Check transport options
- ☐ Record important academic dates
- ☐ Set a realistic weekly budget

