

SAT Test Day Checklist

Introduction

Test day is here! Being prepared with the right materials and mindset can make a huge difference in your performance. Use this checklist to ensure you have everything you need for a smooth Digital SAT experience.

1. What to Bring on Test Day

- ✓ **Fully charged device** (Laptop, Tablet, or Approved Testing Device)
 - ✓ **SAT Admission Ticket** (Printed or Digital Copy)
 - ✓ **Valid Photo ID** (Driver's License, Passport, or School ID)
 - ✓ **Approved Calculator** (If permitted; check SAT guidelines)
 - ✓ **Pencils & Eraser** (For scratch work)
 - ✓ **Headphones (If allowed)** – For accommodations or digital proctoring
 - ✓ **Water & Snacks** (For break time)
 - ✓ **Comfortable clothing** – Dress in layers to adjust to the test center's temperature
 - ✓ **Mask (If required by test center)**
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2. What NOT to Bring

- ✗ Smartwatches, Fitness Bands, or any Wearable Technology
 - ✗ Phones or Electronic Devices (Unless required by accommodations)
 - ✗ Notes, Books, or Study Materials
 - ✗ Outside Scratch Paper (Use digital tools provided)
 - ✗ Loud or Distracting Accessories
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3. Last-Minute Reminders

- ◆ **Get a Full Night's Sleep** – Aim for at least 7-8 hours of rest before test day.
- ◆ **Eat a Nutritious Breakfast** – Fuel your brain with healthy carbs and proteins.
- ◆ **Arrive Early** – Plan to get to the test center at least 30 minutes before check-in.
- ◆ **Stay Calm** – Take deep breaths if you feel nervous. Confidence is key!

- ◆ **Manage Your Time** – Keep an eye on the built-in timer and pace yourself.
 - ◆ **Use Breaks Wisely** – Stretch, hydrate, and refocus for the next section.
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About IvyStrides 🎓

IvyStrides is dedicated to helping students achieve their highest potential on the SAT. Our expert instructors, proven strategies, and personalized study plans ensure that students gain confidence and excel in their exams. Enroll in our SAT prep programs today and take the first step toward your dream college!

📎 [Download free SAT resources](#), put together by our experienced teachers and counsellors, for students and parents

Have questions?

Write to us at hello@ivystrides.com and our expert counsellors will guide you through.

Stay Focused & Keep Practicing! 🚀
IvyStrides Team

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