

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 a premier **SAT preparation academy** dedicated to helping students achieve their dream college admissions through **expert-led instruction, structured learning programs, and data-driven strategies**. We believe that **education should be accessible and effective**, providing students with the right resources to succeed.

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