



Student Name: _____

Obtain Marks: _____

Packing Backpack Checklist

Routine & Structure



Tips for using this checklist

- 1. Do the first few pack-ups together, then step back as your child gets used to the routine.
- 2. Keep the checklist in the same spot every time (by the door or on the backpack itself).
- 3. Have your child check each box out loud as they pack it -- saying it helps it stick.
- 4. Use the blank lines to add items specific to your child's day (library book, permission slip, etc.).
- 5. Do a final "empty backpack" check together once a week to catch anything left inside.

Morning - Before School

- ☐ Homework / folder
- ☐ Lunch box
- ☐ Water bottle
- ☐ Pencil case / supplies
- ☐ Library book
- ☐ Signed forms / notes
- ☐ Reading book
- ☐ Device / chromebook

Afternoon - After School

- ☐ Lunch box (empty & returned)
- ☐ Homework folder
- ☐ Notes from teacher
- ☐ Sports / activity gear
- ☐ Jacket or sweater
- ☐ Water bottle
- ☐ Any borrowed items
- ☐ _____

Add your own:

- ☐ _____
- ☐ _____