

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:

- ☐ _____
- ☐ _____