

Placement-Day Essentials Checklist

A low-pressure checklist for preparing basic needs while protecting dignity, choice, and privacy.

Before arrival

Prepare flexible basics without building a complete identity, wardrobe, or routine for someone you have not met.

- ☐ Confirm age, approximate clothing and shoe sizes, allergies, medications, mobility needs, and known safety requirements.
- ☐ Prepare a clean bed and neutral bedding.
- ☐ Set out one towel and washcloth.
- ☐ Prepare a sealed toothbrush and basic fragrance-free starter toiletries.
- ☐ Have a neutral duffel or storage bag available for belongings.
- ☐ Check that basic food and drink choices are available.
- ☐ Prepare a simple explanation of the home, bathroom, bedroom, pets, and immediate schedule.

First-day practical items

- ☐ Reusable water bottle or cup.
- ☐ Toiletry organizer.
- ☐ Laundry bag or hamper.
- ☐ Phone charging options without assuming device type.
- ☐ Notebook and pen for school or appointments.
- ☐ Simple pajamas only after size and preference are known.
- ☐ Weather-appropriate outerwear only if immediately needed.
- ☐ Private place for belongings.

Wait before buying

These items are better chosen with the child or young adult whenever possible.

- ☐ Decor, bedding colors, posters, and room theme.
- ☐ Hair and skin-care brands.
- ☐ Fragrances and deodorants.
- ☐ Clothing beyond immediate needs.
- ☐ Backpack, lunch box, water bottle style, and school accessories.
- ☐ Comfort objects, weighted products, and sensory tools.
- ☐ Electronics and monitoring devices.

Follow-up within 72 hours

- ☐ Inventory belongings respectfully and ask before washing items.
- ☐ Confirm school status and transportation.
- ☐ Confirm medication and appointment plans.
- ☐ Ask what foods, routines, names, and forms of privacy feel comfortable.
- ☐ Replace temporary starter products based on preferences and document factual information and promised supports.

Use note: This worksheet is a general planning tool. It does not replace school lists, agency forms, court orders, medical instructions, licensing requirements, or required reporting.