

Finals Week Dorm Survival Checklist

A compact dorm-friendly planner for studying, sleeping, eating, cleaning, and staying functional during the busiest week of the semester.

STUDY PLAN	SLEEP RESET	DORM KIT	EXAM WEEK
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What this PDF includes: finals week prep, exam planning, dorm reset tasks, study kit ideas, snack and hydration reminders, roommate boundaries, parent/care package notes, what to skip, and a custom notes page.

Student	Semester	Finals week dates

Quick Start

- ☐ Write every final, project, due date, and location in one place.
- ☐ Pick your top three urgent tasks for the next 24 hours.
- ☐ Clean only enough to make your room functional, not perfect.
- ☐ Pack a small exam-day bag before you sleep.
- ☐ Ask your roommate about quiet hours before finals week starts.
- ☐ Check your school rules for study room hours, guest limits, candles, appliances, and quiet-hour policies.

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Plan what to buy, what to skip, and how to make dorm life easier.

Finals Week Command Center

Before you start studying, make the week visible. Finals feel less chaotic when every test, project, and deadline lives on one page.

Class / exam	Date + time	Location / link	Status

Today's Top 3

Priority	Task	Done?
1		
2		
3		

One-Week Prep Checklist

☐ Confirm all exam dates, rooms, due dates, and submission portals.	☐ Wash sheets, towels, and enough clothes before the week gets busy.
☐ Download or print study guides before Wi-Fi or printer lines become annoying.	☐ Restock basic snacks, water, medication, and toiletries.
☐ Make a realistic study block for each class.	☐ Clean your desk so you have one usable study zone.
☐ Email or visit office hours early if a topic is still confusing.	☐ Tell your roommate when you need quiet study or sleep time.

What to skip: Rewriting every note perfectly, reorganizing your entire room, or starting a huge decor reset. Finals week is for useful, not perfect.

Study Plan That Actually Fits a Dorm

Use short blocks and keep the setup simple. A dorm study plan works best when it includes meals, breaks, and sleep instead of pretending you can study nonstop.

Block	Class / task	Where?	Supplies needed
Morning			
Afternoon			
Evening			
Last 30 min	Pack bag + set tomorrow priorities		

Study Kit Checklist

☐ Laptop and charger	☐ Headphones or earplugs
☐ Phone charger or power bank	☐ Water bottle
☐ Notebook or loose paper	☐ Small snack
☐ Pens, pencils, highlighters	☐ Student ID
☐ Calculator if allowed	☐ Blue-light glasses if you use them
☐ Index cards or sticky notes	☐ Printed study guide if required

Nightly Shutdown Routine

☐ Stop studying with enough time to pack tomorrow's bag.	☐ Set two alarms if you are worried about sleeping through one.
☐ Write the first task you will do tomorrow.	☐ Put ID, keys, wallet, and exam supplies in one spot.
☐ Plug in your phone, laptop, headphones, and calculator if needed.	☐ Clear food trash so the room does not smell overnight.

Finals Week Dorm Survival Kit

Buy before move-in if you use these all semester, or restock before finals week if you are already running low.

☐ Pain reliever you already know you can take	☐ Trash bags
☐ Cold medicine or allergy medicine if needed	☐ Disinfecting wipes
☐ Bandages and basic first-aid items	☐ Water bottle
☐ Tissues	☐ Portable charger
☐ Hand sanitizer	☐ Earplugs or headphones
☐ Extra contacts, glasses, or eye drops	☐ Sleep mask if lights bother you
☐ Period products if needed	☐ Planner or exam checklist
☐ Laundry detergent	☐ Comfort item that helps you relax

Check your school rules: Some dorms restrict candles, wax warmers, hot plates, extension cords, air fryers, space heaters, and certain appliances. Do not buy a finals week comfort item that housing will not allow.

Food, Water, and Snack Plan

☐ Easy breakfast option	☐ Water bottle filled before study blocks
☐ Shelf-stable snacks	☐ Tea, instant coffee, or drink mix if you use it
☐ Protein snack or meal option	☐ Microwave-safe meals only if your dorm allows a microwave
☐ Fruit or simple fresh food if you will eat it	☐ Trash plan for wrappers and food waste

What to skip: Huge snack hauls, messy foods without containers, and anything that will sit open in your room. Finals snacks should be easy, not another cleanup job.

15-Minute Dorm Room Reset

This is not a deep clean. It is the fastest way to make your room usable again before or during finals.

☐ Throw away food trash and wrappers.	☐ Wipe spills or sticky desk spots.
☐ Collect cups, plates, and containers.	☐ Make your bed or pull the comforter up.
☐ Move dirty laundry into the hamper.	☐ Refill water and restock tissues or trash bags.
☐ Clear one study surface.	☐ Open a window or use a fan if allowed.
☐ Put school papers in one pile or folder.	☐ Set out tomorrow's clothes if you have an early exam.

Roommate Quiet Plan

Ask your roommate first before assuming finals week routines will match. A five-minute conversation can prevent a lot of stress.

Topic	What we agree on
Quiet hours	
Guests	
Lights / alarms	
Phone calls / gaming / music	
Shared fridge or food	
Cleaning before finals	

Roommate reminder: Do not move, throw away, borrow, or reorganize your roommate's things during finals week without asking. Stress makes small issues feel bigger.

Exam Day Checklist

☐ Student ID	☐ Water bottle
☐ Keys and wallet	☐ Small snack
☐ Charged phone	☐ Medication you may need
☐ Laptop and charger if allowed	☐ Exam room, time, and professor email saved
☐ Calculator if allowed	☐ Printed materials only if allowed
☐ Pens, pencils, eraser	☐ Comfortable outfit or layers

Parent / Care Package Reminders

☐ Send useful snacks instead of too many sweets.	☐ Do not send banned appliances or candles.
☐ Ask what the student actually needs before buying more dorm items.	☐ Include a short note or encouragement card.
☐ Consider tissues, tea, electrolyte packets, or easy meals.	☐ Send items early enough to arrive before finals are over.
☐ Avoid strong scents if roommates may be sensitive.	☐ Ask about allergies, food preferences, and package pickup rules.

Buy, Wait, Ask, Check

Decision	Use this rule
Buy before move-in	Basics used all semester: planner, lamp, bedding, headphones, water bottle, small first-aid kit.
Wait until you know your room	Bulky storage, extra seating, large appliances, or anything that may not fit.
Ask your roommate first	White noise, scents, shared snacks, guest plans, lights, alarms, and fridge space.
Check your school rules	Appliances, candles, extension cords, quiet hours, study rooms, package pickup, and guest policies.

Notes and Custom Finals Week Plan

Use this page for exam reminders, study room hours, office hours, roommate agreements, care package ideas, or your own finals week routine.

Finals week survival rule: Do the next useful thing. Eat something simple, drink water, sleep when you can, and make your dorm functional enough to support you.

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For more dorm checklists, tools, and move-in planning guides, visit DormRoomBlueprint.com.