

FREE eBook

# CUET 2026

## EXAM DAY CHECKLIST

Everything You Must Do, Carry & Avoid on the Day of Your CUET Exam

By: **Naresh S Yadav**

[www.careerblueprintguides.in](http://www.careerblueprintguides.in)

May 11 – 31, 2026 | CBT Mode | NTA Official Exam

This checklist is your last-minute survival guide. Follow it step-by-step for a stress-free exam experience. Share it with every CUET aspirant you know!

## NIGHT BEFORE THE EXAM

---

### Documents to Keep Ready Tonight

- ✓ Admit Card — printed, 2 copies
- ✓ Valid Photo ID (Aadhaar / Passport / Driving Licence)
- ✓ Passport-size photographs — 2 extra
- ✓ PwD certificate (if applicable)

### Stationery & Allowed Items

- ✓ Transparent water bottle
- ✓ Pen — blue/black ballpoint, keep 2
- ✗ Rough paper will be provided — DON'T bring your own

### Things to CHECK Tonight

- Exam centre address — Google Maps it NOW
- Distance from home — plan travel accordingly
- Shift time — Slot 1: 9AM | Slot 2: 3PM
- Reporting time — reach 90 min before exam
- ✗ Gate closes 30 min before exam — DO NOT be late!

*PRO TIP: Keep your admit card, ID, and water bottle near the door tonight. Set 2 alarms. Sleep by 10:30 PM. A rested brain scores 15–20% better!*

## MORNING OF EXAM DAY

---

### Wake Up & Morning Routine

- ✓ Wake up at least 3 hours before your shift
- ✓ Light breakfast — poha, upma, banana, toast. NO heavy oily food
- ✓ Drink water — stay hydrated but don't overdrink
- ✓ Quick 10-min revision of key formulas/concepts ONLY
- ✗ NO new topics this morning — it will only create panic

### What to Wear

- ✓ Simple, comfortable clothes — no stress about outfit
- ✗ No smart watches or electronic accessories
- ✓ No metallic jewellery if possible — saves time at frisking

### Leave Home — TIMING

- Slot 1 (9AM exam) → Leave home by 7:00 AM
- Slot 2 (3PM exam) → Leave home by 1:00 PM
- Always add 30 min buffer for traffic
- ✓ Carry printed admit card in hand — not inside bag

**MINDSET CHECK: You have prepared. Trust your preparation. Nervousness means you care — that is a good sign. Take 3 deep breaths before entering the centre. You have got this!**

## AT THE EXAM CENTRE

---

### When You Arrive

- ✓ Show admit card + ID at entry gate
- ✓ Complete biometric/frisking calmly — don't rush
- ✓ Keep phone switched OFF before entering
- ✗ No phone, smartwatch, earphones inside hall
- ✓ Rough paper and pencil will be given at your desk

### STRICTLY PROHIBITED Items

- ✗ Mobile phone / smartwatch / Bluetooth devices
- ✗ Calculator — not allowed in any CUET paper
- ✗ Own rough paper or notes
- ✗ Food inside exam hall — only water bottle allowed
- ✗ Any electronic gadget of any kind

## INSIDE THE EXAM — STRATEGY

---

### Time Management (60 min per subject)

- First 2 min: Read all questions quickly
- Attempt easy questions FIRST — don't get stuck
- Mark difficult questions and return later
- Last 5 min: Review all your answers

### Marking Scheme — NEVER FORGET

- ✓ Correct answer = +5 marks
- ✗ Wrong answer = -1 mark (NEGATIVE MARKING!)
- Unattempted = 0 marks (no penalty)
- When unsure — SKIP. Do NOT guess randomly!

## AFTER THE EXAM

- Don't discuss answers immediately — it creates unnecessary anxiety
- ✓ Check answer key on [cuet.nta.nic.in](http://cuet.nta.nic.in) once released
- Multiple subjects? Rest first, then prepare for next paper
- ✓ Keep admit card safe — needed for counselling too
- Calculate expected score once answer key is out
- ✓ Stay updated on NTA official website for result dates

## QUICK REFERENCE CARD

ITEM	DETAIL
Exam Dates	May 11 – 31, 2026
Mode	CBT (Computer Based Test)
Shift 1	9:00 AM – 12:00 PM
Shift 2	3:00 PM – 6:00 PM
Duration / Subject	60 Minutes
Questions / Subject	50 Questions
Correct Answer	+5 Marks
Wrong Answer	<b>-1 Mark</b>
Unattempted	0 Marks
Reach Centre By	90 min before exam
Gate Closes	30 min before exam
Official Website	<a href="http://cuet.nta.nic.in">cuet.nta.nic.in</a>

**You are prepared. You are capable. Stay CALM, stay FOCUSED — GO CONQUER CUET 2026!**

Follow: [careerblueprintguides.in](http://careerblueprintguides.in) | Instagram: [@careerblueprintguides](https://www.instagram.com/careerblueprintguides) Share this FREE eBook with every CUET 2026 student you know!