



NREMT

EXAM DAY

PREPERATION CHECKLIST



A FEW DAYS BEFORE YOUR EXAM

☐ **Confirm your appointment details.**

Verify your examination date, time, and testing location in your Pearson confirmation email.

☐ **Review your testing instructions.**

Read your Pearson confirmation and review the current instructions and policies that apply to your appointment.

☐ **Check your identification.**

Make sure you have the required, valid identification and that your information matches your examination registration.

☐ **Plan your arrival.**

If testing in person, confirm the testing-center location and plan your route, parking, transportation, and travel time.

☐ **Resolve questions ahead of time.**

Contact Pearson before test day if you have questions about identification, check-in requirements, accommodations, or testing procedures.



NREMT

EXAM DAY

PREPERATION CHECKLIST



THE NIGHT BEFORE

- ☐ **Double-check your appointment details.**
Confirm your exam time, location, and any check-in instructions one last time.
- ☐ **Set out your identification.**
Have your required identification ready so you're not searching for it in the morning.
- ☐ **Prepare for the morning.**
Set your alarm and organize anything you'll need before leaving for the testing center.
- ☐ **Avoid last-minute cramming.**
Focus on winding down rather than trying to learn large amounts of new material.
- ☐ **Prioritize rest.**
Give yourself the opportunity for a full night of sleep before test day.



NREMT

EXAM DAY

PREPERATION CHECKLIST



EXAM DAY

☐ **Eat and hydrate.**

Have something to eat and drink so you're comfortable during your examination.

☐ **Dress comfortably.**

Choose comfortable clothing appropriate for the testing environment.

☐ **Bring your identification.**

Make sure you have the required identification with you before leaving.

☐ **Give yourself plenty of time.**

Plan to arrive with enough time to complete the required check-in process without rushing.

☐ **Follow your testing instructions.**

Refer to your Pearson confirmation and follow the instructions provided for your appointment.



A Note From **Jaye**

Founder, Elite EMS Education LLC

Thank you for supporting Elite EMS Education LLC and allowing us to be a part of your NREMT preparation journey. I'm wishing you nothing but the best on test day and in your future EMS career.

You're going to do amazing!

If there's anything you need, whether it's one last word of encouragement, a little extra guidance beyond this checklist, or simply a question you'd like answered, please don't hesitate to reach out. I'm more than happy to help in any way I can.

Jaye