

# Court-Day Bag Guide

Use this the night before or the morning of a court date, clinic visit, mediation session, or official meeting.

## **Bring or charge**

- Photo identification if you have it
- Latest notice, order, motion, or letter
- Case number or docket number written down
- Phone fully charged
- Charger or battery pack if possible
- Pen and notebook
- Water and a small snack if allowed
- Childcare and transportation plan if needed

## **Write down before you go**

- The time and exact location
- The name of the court, clinic, or office
- The one or two things you most need answered
- The next date you think may be set
- The safest callback number and email

## **Keep in one place**

- Timeline of major dates
- Contact names already involved
- Parking, building-entry, or check-in notes if you have them
- Any medication, accessibility item, or personal need you should not forget

## **If the day involves family-court stress**

- Bring the newest order or hearing notice
- Bring the parenting-plan draft or exchange schedule if relevant
- Bring child-support or agency notices if they are part of the issue
- Keep your notes short, factual, and easy to find

## **If safety is part of the situation**

- Put the safest route and contact method first
- Use established crisis resources or emergency services when immediate danger exists

This guide is public information only. It is not legal advice.