



CMAT Exam Day Guidelines 2026: Instructions, Dress Code, Dos, Don'ts, Items to Carry

CMAT 2026 Exam Day Guidelines and Official Institutions: CMAT 2026 exam will be held on January 25, 2026. Candidates should follow important exam guidelines and instructions that are issued by National Test Agency (NTA) to ensure smooth conduct of the exam. Read complete **CMAT Exam Day Dos and Don'ts, CMAT Dress Code and CMAT Exam Day Instructions** in the article below. Also check what items to carry and not carry to CAT exam center. Download **CMAT 2026 Exam Day Guidelines PDF** from the link below for easy preparation. Take free CMAT 2026 Mock Tests, and CMAT Previous Year Question Papers. Also read CMAT last minute preparation tips 2026.



CMAT Exam Day Guideline 2026

*Dos and Don'ts, Items to Carry
and Not Carry, Dress Code*

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Guideline 2026 PDF**

1. CMAT Exam Day Instructions 2026 by NTA

NTA, which is conducting CMAT exam, had issued official CMAT Exam Day Instructions and Guidelines for candidates. The instructions outline mandatory exam day rules and guidelines including carrying a printed admit card with photo, a valid government ID, and following

reporting timelines. Candidates must avoid prohibited items, follow biometric and frisking procedures, and comply with dress code and conduct guidelines to avoid disqualification. Check complete CMAT Exam Day Instructions 2026 below.

1. **CMAT Admit Card Hard Copy:** Print the Admit Card on an A4 size paper and carry the same on the day of Test for verification. Admit Card is valid only if the candidate's photograph and signature images are legibly printed. The candidate must produce the Admit Card for verification at the time of the test.
2. **List of Valid Identification Proof Document:** Candidates should carry one of the following valid photo ID proof to CMAT exam centre: **Aadhaar Card/Voter ID Card/PAN Card/Passport/Driving License.**
3. **Reporting Time & Gate Closing Time:** Candidate must reach the centre as indicated against Reporting / Entry time at centre. Candidates will not be allowed to enter the test center after the gate closure time. Check details below.
4. **No Permission to Leave Exam Lab:** No candidate shall be permitted to leave the CMAT Test Lab and Centre before the end of the test.
5. **List of Prohibited and Permitted Items:** Mobile phones, electronic gadgets, watches, calculators, stationery items, papers, wallets, goggles, etc. will NOT BE ALLOWED inside the Test centre. Candidates must NOT wear any jewellery or other items containing metal. There is no facility for safekeeping of candidates' personal belongings outside the Test Hall and the Test Conducting Authority is not responsible for its damage or loss if any. Check the complete list below.
6. **Mandatory Frisking:** At test center entry you have to undergo a mandatory frisking activity, objectionable item (if any) is identified, you would be requested to leave it behind before entering the test center. Candidates showing non-cooperation may get barred from appearing for the test.
7. **Avoid Bio-breaks:** Bio-breaks are to be avoided during the exam except for emergency or medical conditions. If a candidate takes a bio-break, he/she will be re-frisked upon re-entry to the lab and any time lost due to this process will not be compensated under any circumstances.
8. **Sign Attendance Sheet:** Please make sure to sign the attendance sheet. Not signing the attendance sheet will lead to cancellation of your candidature.
9. **Video Surveillance:** All CMAT Exam Labs are equipped with video surveillance to closely monitor all activities. NTA has advised candidates against any unfair practices, as engaging in such activities will result in the cancellation of candidature.

10. Violation results in Cancellation: Violation of any of the above guidelines including impersonation or breaking of code of conduct for CMAT 2026 will lead to cancellation of candidature and / or legal action.

Follow these CMAT 2026 exam instructions to avoid last-minute issues at exam centre. Next, check CMAT Exam Day Dos and Don'ts below.

2. CMAT 2026 Exam Day Dos

Preparing for CAT exam day is as important studying for the exam for months. Read and follow the important CMAT 2026 Exam Day Dos and Don'ts starting with what you must remember to do.

- **Recheck Admit Card details:** You should recheck your Name, CAT Application Number, Test Centre address, CAT exam slot and reporting time at centre and other details in your CMAT Admit Card. Ensure that all your details are correct. If there is any error, contact CMAT Exam centre help desk by email or phone (details given at the end of the article)
- **Print and Carry your CMAT Admit Card Hard Copy:** To enter CMAT exam center, you will require hard copy of your admit card with passport size photo affixed on it. If not done till now, download your CMAT Admit Card from CMAT Website, take print on A4 size paper, fix your identical photograph in the given space on it. Read more about how to download CMAT admit card.
- **Keep your Photo ID Ready:** One of the important CMAT exam day dos is that you need original copy of your Photo ID to show at the exam gate. Following photo IDs are acceptable for CMAT Exam:
 - Aadhar card
 - Voter Id card
 - Passport
 - PAN Card
 - Driving License
- **Visit your CMAT Exam Centre Before Exam Day:** This is an important part of CMAT exam day preparation. Check the exam centre address given in the Admit card and visit it before exam day. Also check the approximate time it takes to reach exam centre. This will help you plan for the exam day. Identify mode of transport and commuting time at least a day before the exam day in order to reach the test centre on time.

- **Choose Correct Dress for CMAT Day:** Choose what you wish to wear on CMAT exam day well in advance. The dress should keep you comfortable throughout the CMAT exam day and should allow to sit for two hours while taking the exam. However, make sure that your dress does not violate the CMAT exam dress code which does not allow garments with large buttons or footwear with thick soles.
- **Arrive at CMAT Centre in Time:** You must reach the CMAT test center as per the reporting time for your allotted exam slot. CMAT exam day instructions ask candidates to reach exam centre 90 minutes before the start time of the exam. Check details below.
- **Carry Only Items Allowed Inside CMAT Centre:** Check complete list of items you can carry and not carry to exam centre below. Don't carry prohibited items to avoid unnecessary last-minute stress!
- **Ensure to Mark Attendance:** Mark your attendance in the Form with signature when asked for, in the CMAT testing room after completion of biometrics. If you fail to mark attendance, you may be treated absent from the exam.

Next, check list of things that you must not do!

3. CMAT 2026 Exam Day Don'ts

After going through the CMAT exam day dos, it is also very much necessary to know what are the CMAT Exam Day Don'ts 2026. Check this list of CMAT Exam Day Don'ts.

- **Don't carry Prohibited Articles inside CMAT Exam Centre:** While going to take CMAT exam, you should not carry and wear the following dresses and items:
 - Do not wear oversized Jackets or heavy Jewelry or Shoes with thick soles
 - Do not wear Garments with large Buttons
 - Do Not carry Electronic Watch, Mobile Phone, Bag, Wallets etc to the CMAT test centre.
- **Don't Ask for Bio Break during CMAT Exam:** Try to set your Bio Clock in advance as per the CMAT exam timing. Do not request for a bio-break while inside the Exam Lab unless it is a medical emergency.
- **Don't Resort to Unfair Means:** Do not attempt to speak or ask any thing with other candidates in the exam hall. If you do, you will run the risk of getting debarred. Each question is placed at different serial number for each test taker.

Follow above CMAT Exam Day Dos and Don'ts to have a hassle-free exam day experience. Next, check out list of things to carry and not carry to CMAT Exam Centre.

4. Items to Carry, and Not Carry, to CMAT Exam Centre

An essential part of CMAT Exam Day Guidelines 2026 is that you should remember to carry

some important items, and must not carry prohibited items. Read CMAT 2026 Exam Day What to Carry and Not Carry in the following section.

You can carry only a very few items in CMAT exam centre. Check things to carry and not carry in CMAT 2026 Exam Centre.

CMAT What to Carry 2026?

Check the list of CMAT exam day what to carry items below:

1. CMAT 2026 Admit Card
2. Photo Identity Proof
3. Medical Certificate(s) if required
4. Scribe Affidavit if required
5. Transparent Water Bottle
6. Pen / Pencil

Remember, there are no arrangement to deposit mobile phone, bags or other valuables inside the test centre premises.

CMAT What Not to Carry 2026?

Check the list of CMAT exam what not to carry items below:

1. Mobile Phones
2. Electronic / Bluetooth
3. Devices
4. Books / Papers
5. Calculators
6. Mask
7. Ornaments
8. Metallic Items
9. Electronic Keys
10. Analog Watches
11. Digital / Smart Watches

Any candidate found with any of these items inside the exam hall will be disqualified and debarred from the exam. We hope this section has answered the question - what to carry for CMAT Exam? Also check list CMAT permitted items 2026 and CMAT prohibited items 2026 in table form below.

List of permitted and prohibited items inside CMAT Test Lab

Items	Allowed/Not Allowed
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Mobile Phones	Not Allowed
Electronic / Bluetooth Devices	Not Allowed
Books / Papers	Not Allowed
Calculators	Not Allowed
Transparent Water Bottle	Allowed
Pen / Pencil	Allowed
Mask	Not Allowed
Shoes	Allowed
Belt	Allowed
Wallet	Allowed
Coins / Cash / ATM Cards	Allowed
Ornaments	Not Allowed
Metallic Items	Not Allowed
Religious Items	Allowed
Normal Keys	Allowed
Electronic Keys	Not Allowed
Analog Watches	Not Allowed
Digital / Smart Watches	Not Allowed

5. CMAT Exam Day Check List 2026

If you want a handy CMAT exam day check list 2026 to help you prepared for the D-day, check the list below. This CMAT exam check List 2026 takes care of virtually everything you need to prepare for the CMAT exam day.

1. Recheck all details on the CMAT admit card
2. Print and carry a hard copy of the CMAT admit card
3. Carry a valid government photo ID

4. Wear simple and comfortable clothes (avoid metallic items, thick-soled shoes, heavy jackets or jewelry)
5. Reach the exam center well before reporting time
6. Locate your exam hall and assigned seat
7. Carry only the allowed items: Admit Card, Photo ID, Water bottle (if permitted)
8. Do not carry mobile phones, electronic gadgets, watches, calculators, stationery, wallets, purses, books or bags
9. Do not apply mehndi/henna on hands as it may interfere with biometrics
10. Follow all CMAT exam day instructions and guidelines at the centre

6. CMAT Exam Day Mistakes to Avoid 2026

Many students lose marks not because of lack of preparation, but due to avoidable errors under pressure. Keeping these CMAT 2026 Exam Day Mistakes to Avoid will help you stay calm and perform better:

- Avoid arriving late at the exam centre.
- Avoid forgetting your printed admit card or valid photo ID.
- Avoid wearing restricted items like metal accessories, smartwatches or thick-soled shoes.
- Avoid spending too much time on a single difficult question.
- Avoid panicking and randomly marking answers without proper reasoning.

7. CMAT 2026 Exam Day Tips

Follow these CMAT exam day tips to make sure you are totally ready for the exam.

1. **Recheck Admit Card Details:** Thoroughly verify your Name, Application Number, Test Centre address, Slot, and Reporting Time on your CMAT Admit Card.
2. **Print and Affix Photo:** You must carry a hard copy printout of your CMAT Admit Card on A4 paper with a passport-sized photograph affixed to the designated spot. The photo must be identical to the one uploaded during registration.
3. **Carry Original Photo ID:** Bring the original copy of a valid Photo ID proof (Aadhar, Voter ID, Passport, PAN Card, or Driving License) for verification at the gate.
4. **Visit the Centre in Advance:** Locate your test centre days before the exam using the Google Map link provided on the admit card. Plan your mode of transport and commuting time to ensure you arrive punctually.
5. **Arrive Early:** Reach the CMAT test centre strictly as per the reporting time mentioned on your admit card, which is 90 minutes before the exam start time, to complete necessary security and biometric checks.

6. **Dress Code Compliance:** Wear simple, comfortable clothing that adheres to the CMAT dress code given above. Avoid garments with large buttons, heavy jewellery, or thick-soled footwear.
7. **Mark Attendance and Biometrics:** Once inside the testing room, ensure your digital fingerprint scan is successfully captured and you mark your attendance on the form with your signature. Failure to do so may result in being marked absent.
8. **Do Not Carry Prohibited Items:** Leave all electronic gadgets (mobile phones, watches), bags, wallets, and any stationery items (pen, pencil, paper) outside the centre. Only permitted items (Admit Card, ID) are allowed.
9. **Avoid Bio Breaks:** Set your body clock according to the exam timing in advance. Do not request a bio-break during the 3-hour duration of the test unless it is a severe medical emergency.

8. CMAT Exam Reporting Time, Gate Closing, Exam Time

CMAT exam 2026 will be held in two sessions on January 25, 2026. CMAT 2026 exam date and session timings are given in table below. However, candidates must reconfirm timings from their Admit Card.

CMAT 2026 Exam Sessions	CMAT 2026 Exam Date	CMAT 2026 Exam Time	CMAT 2026 Reporting Time	CMAT 2026 Gate Closing Time
CMAT Exam Session 1	January 25, 2026	9.00 AM to 12.00 Noon	7.00 AM	8.45 AM
CMAT Exam Session 2	January 25, 2026	3.00 PM to 6.00 PM	1.00 PM	2.45 PM

Check complete details of [CMAT exam date and time](#).

9. CMAT 2026 Exam Day Rules

CMAT Exam Day Rules 2026 for candidates taking CMAT exam are as below:

- Candidates should carry a printed Admit Card with Photo
- Candidates should carry a valid Government ID,
- Candidate must report on time.
- Candidates must not carry prohibited items,
- Candidate should follow biometric and frisking procedures, and comply with dress code and follow CMAT exam rules to avoid disqualification.

10. CMAT Exam Helpline

If there is any error in your CMAT admit card or you require help for the CMAT Exam, you can contact CMAT help desk below:

- Email: cmat@nta.ac.in
- Phone Number: 011-69227700, 011-40759000

11. CMAT Exam Day Checklist 2026

Follow these CMAT 2026 exam day checklist to make sure you have all the things required for the exam day.

1. **Recheck Admit Card Details:** Thoroughly verify your Name, Application Number, Test Centre address, Slot, and Reporting Time on your CMAT Admit Card.
2. **Print and Affix Photo:** You must carry a hard copy printout of your CMAT Admit Card on A4 paper with a passport-sized photograph affixed to the designated spot. The photo must be identical to the one uploaded during registration.
3. **Carry Original Photo ID:** Bring the original copy of a valid Photo ID proof (Aadhar, Voter ID, Passport, PAN Card, or Driving License) for verification at the gate.
4. **Visit the Centre in Advance:** Locate your test centre days before the exam using the Google Map link provided on the admit card. Plan your mode of transport and commuting time to ensure you arrive punctually.
5. **Comply with CMAT Dress Code 2026:** Wear simple, comfortable clothing that adheres to the CMAT dress code given above. Avoid garments with large buttons, heavy jewellery, or thick-soled footwear.
6. **Do Not Carry Prohibited Items:** Leave all electronic gadgets (mobile phones, watches), bags, wallets, and any stationery items (pen, pencil, paper) outside the centre. Only permitted items (Admit Card, ID) are allowed.

12. CMAT Last Minute Preparation 2026

Here are a few important tips for last minute exam preparation:

- Understand [CMAT 2026 Exam Pattern](#)
- Know [CMAT 2026 Exam Syllabus](#)
- Take [CMAT Mock Tests 2026](#)
- Attempt [CMAT Previous Year Papers](#) to know past questions types

In summary, Exam Day Dos and Don'ts and Exam Day Guidelines are important CMAT Exam Day Instructions for the candidates. Following these CMAT Exam Day Guidelines and Rules will ensure that you can smoothly take the exam. Remember to save these CMAT Exam Day Guidelines and follow on the D Day! Also read CMAT last minute preparation tips 2026.