



# Moving Checklist

## 1 Month Before

- Check for Community regulations on what you can take with you.
- Obtain packing materials.
- Create a floor plan for furniture placement, art, etc...
- Make inventory of household goods and remove clutter.
- Divide items into: take with you, give away and throw away.
- Start a file for all moving paperwork.
- Plan mini-breaks for self-care: eat well, have a good laugh or take a walk!

## 3 Weeks Before

- Fill out Post Office change of address cards.
- Schedule disconnection of all utility services for the day after vacating.
- Gather any personal family records.
- Appraise any antiques and valuables.
- Clean out closets and drawers. Use up food and cleaning supplies that you are not taking with you.
- Book a moving company or truck.

## 2 Weeks Before

- Hold a moving sale.
- Notify your bank, pharmacy and doctor of your new address.
- Transfer prescriptions.
- Pack items that will not be needed until after your arrival at your new residence.

## 7 Days Before

- Pack a suitcase with essential clothing and personal items.
- Label each box with contents and destination.
- Put aside critical items like: ID, toiletries, medications, phone book and credit cards.
- Confirm arrival time of moving truck and read over the contract carefully.

## Day of Move

- Do final walk-through of the house: turn off heat, water, lights, air conditioning.
- When items arrive at your new home, check them for any damage and make sure all inventory is accounted for.
- Begin unpacking essentials for kitchen, bathroom and living room.
- Make plans to celebrate with a cup of tea and a friend.

*Welcome Home*