
PRE-MOVE CHECKLIST

Your pre-move checklist is a step-by-step guide designed to minimize the stress of planning a move. With so much happening—buying or selling a home, packing, and managing paperwork with various agencies—it’s easy to overlook critical tasks. This guide ensures that everything gets done without having to rely solely on a mental checklist, allowing you to focus on the bigger picture while staying organized and on track.

8 WEEKS BEFORE MOVING

- Sort & declutter: Donate, sell or toss unused items.
- Create a moving binder for documents and important paperwork like contracts.
- Measure furniture to ensure it fits in your new space.
- Start researching moving companies and book estimates if moving long-distance.
- Schedule a garage sale or donation pick-up.
- Inform your landlord of your move if you’re renting.
- Reserve a rental truck for DIY moves.

6 WEEKS BEFORE MOVING

- Order Packing Supplies
- Spend a little time each day packing a box of rarely used items.
- Notify schools and transfer records if necessary.
- Research family physicians, pediatricians, and veterinarians if moving long-distance.
- Plan meals to use up pantry and freezer foods.
- Book with your moving company.
- Make travel arrangements and book flights.
- Begin recording all tax-deductible moving expenses.

4 WEEKS BEFORE MOVING

- Cancel memberships. Most monthly memberships require a 30-day notice.
- Schedule utility disconnections and reconnections.
- Submit a change-of-address form with the post office.
- Start packing non-essentials like décor, off-season clothing, linen closets, etc.
- Have your car serviced.
- Schedule specialty services like car shipping or post-move cleaning.

2 WEEKS BEFORE MOVING

- Change your mailing address with banks, credit card companies, subscriptions.
- Book childcare and/or pet care for moving day.
- Refill and transfer prescriptions.
- Plan where your furniture will go in the new space and order new furniture if needed.
- Arrange for a parking plan on the day of your move so the movers have a place for the truck. Inform your neighbors of the time the movers will be arriving.
- Take your pet to the vet.
- Request time off from work if moving locally.
- Start shifting your focus to packing as much as possible each day.

1 WEEKS BEFORE MOVING

- Purchase disposable products for eating/drinking for the next 2 weeks.
- Make a designated area to gather up all the items that will go in your “First Night” box like toiletries, paper products, a few toys, change of clothing.
- Start a list of items to go in your “unpack first” box like a toolbox, coffee maker, lightbulbs, trash bags, bed linens, etc.
- Begin cleaning and checking for missed items in places like the attic, top shelves and lower cabinets.
- Water your plants for the last time before the move. Rehome plants that are too fragile to move long-distance.
- Run last minute errands like getting cash for tipping the movers.

DAY BEFORE MOVING

- Packing your “First Night” and “Unpack First” boxes.
- Make sure to have snacks and water handy for your family and the movers.
- Charge all devices and keep a charger handy.
- Remind your neighbors of the moving truck coming in the morning.
- Unplug your fridge and leave the doors open for moisture to escape.

MOVING DAY

- Be ready when the movers arrive. Be available throughout the move.
- Walk the movers through the house and bring to their attention any items that you are concerned about. Then, allow them to do their job unimpeded.
- Before the movers leave, do a final walkthrough to make sure nothing was left behind. Be sure to check all closets, the attic, garage, outdoors, and cabinets.
- Take deep breaths and remember this is a great new adventure!