Moving Checklist

A complete week-by-week moving checklist covering packing, utilities and moving day.

8 Weeks Before

- [ ] Create a moving folder for quotes, receipts and contracts
- [ ] Set a realistic moving budget
  Include movers, supplies, deposits and a buffer for surprises
- [ ] Get quotes and book a moving company or rental truck
- [ ] Declutter room by room — sell, donate or bin what you won't take
- [ ] Make an inventory of valuables and large furniture

6 Weeks Before

- [ ] Order packing supplies: boxes, tape, bubble wrap and markers
- [ ] Start using up freezer food and pantry items
- [ ] Measure doorways and large furniture for the new home
- [ ] Request time off work for moving day

4 Weeks Before

- [ ] Pack rarely used rooms first (attic, garage, guest room)
- [ ] Label every box by room and contents
  Number boxes and keep a master list
- [ ] Give notice to your landlord or list your home
- [ ] Arrange childcare and pet care for moving day

2 Weeks Before

- [ ] Confirm the date, time and address with your movers
- [ ] Set up or transfer utilities: electricity, gas, water and internet
- [ ] Change your address with the post office and key accounts
- [ ] Refill prescriptions and gather important documents

Moving Week

- [ ] Pack a first-night essentials box and keep it with you
- [ ] Defrost and clean the refrigerator and freezer
- [ ] Disassemble large furniture and bag the screws
- [ ] Confirm parking for the moving truck
- [ ] Back up your computer and important files

Moving Day

- [ ] Do a final walkthrough of every room, closet and cupboard
- [ ] Take meter readings and photos of the empty home
- [ ] Keep valuables, documents and chargers with you, not on the truck

- [ ] Check items off your inventory as they are loaded and unloaded
- [ ] Hand over keys and leave a forwarding address

After the Move

- [ ] Unpack the essentials box and make the beds first
- [ ] Test smoke and carbon-monoxide alarms
- [ ] Update your driver's license and vehicle registration
- [ ] Register with a local doctor, dentist and pharmacy
- [ ] Introduce yourself to the neighbors