

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