



## Eight Weeks Before

- Get organized  
*Collect important paperwork like bill of lading, moving contract, estimates, inventories, and receipts.*
- Start sorting  
*Decide what to donate, sell, or recycle.*
- Research your moving options  
*Are you going to hire movers or book a moving truck?*
- Notify your landlord
- Inform your employer
- Build a budget
- Take inventory of your belongings
- Start shopping for packing supplies
- Begin to pack non-essentials



## Six Weeks Before

- Fill out a change of address form
- Notify other important parties:
  - Alumni associations*
  - Banks*
  - Brokerage firms*
  - Human resources department*
  - Government, including DMV and IRS*
  - Magazines and newspapers*
  - Credit card*
  - Schools*
  - Monthly club or box subscriptions*
  - Insurance*
  - Utility companies*
- Plan a garage sale
- Collect and/or transfer school records
- Take inventory
- Collect and/or transfer medical records  
*Start researching a new family physician.*
- Visit the vet for a checkup and to pick up your pet's files
- Get serious about supplies
- Contact your moving company
- Start using up household items like cleaning supplies
- Measure your new space
- Start to separate valuables



### Four Weeks Before

- Notify utility, cable, and internet providers.  
*Schedule utilities to turn off the day after you move and to turn on at your new place on moving day.*
- Book a moving truck if you're not hiring movers
- Investigate what can't be transported on the moving truck
- Take your car in for a tune up
- Select an auto transporter if you aren't driving your car
- Make travel arrangements  
*Book flights, hotels, car rentals, or train tickets.*
- Start asking your friends and family if they can help you pack and move
- Continue packing

### Three Weeks Before

- Make a meal plan  
*Use up food in your fridge, freezer, and pantry.*
- Make plans for pets and plants
- Transfer home insurance
- Make work arrangements
- Visit your doctor to get any refills you'll need throughout the moving process



## Two Weeks Before

- Empty or transfer the contents of your safe-deposit box
- Keep packing
- Check in with your kids to see how they're handling the move and reassure them
- Reserve the elevator
- Start saying your goodbyes
- Make a plan for your garbage  
*If your new home isn't on the collection schedule for a while, figure out where you can drop off your trash or schedule a pickup.*

## One Week Before

- Fill or refill any prescriptions that you couldn't pick up earlier
- Start to pack up every day items
- Confirm your moving arrangements
- Prepare an essentials box and suitcase, include:
  - A set of sheets*
  - Toothbrush, floss, and toothpaste*
  - Deodorant*
  - One or two changes of clothes, including socks*
  - Pyjamas*
  - Medications*
  - Bandages*
  - Moisturizer, chapstick, and other essential toiletries*
  - A couple of dishes, some cutlery, and a few pots or pans*
- Pay monthly bills that will come due during or close to the moving process
- Disassemble furniture
- Return borrowed items
- Clean your house



## A Few Days Before

- Defrost your freezer
- Arrange payment for movers
- Ask a neighbor to check your mail after you've moved
- Double check your documents and moving binder
- Protect valuables  
*Store items you don't want placed on the truck in a locked room with a sign on the door.*

## Moving Day

- Go to bed early the night before
- Wake up early and double-check everything and prep your house for movers:
  - Put down old rugs, towels, or cardboard on the floor*
  - Remove doors from their hinges*
  - Hang sheets on the walls*
  - Remove or wrap banisters and stair rails*
  - Install no-slip treads on the stairs*
- Set up kids and pets in a pre-arranged safe, supervised place
- Verify your moving truck  
*Confirm that company name, vehicle number, and the USDOT number match those on your estimate.*
- Confirm your address with the movers  
*Make sure they know where to go and how to contact you.*
- Add new paperwork to the moving binder
- Show the movers around  
*Point out fragile items, the best pathway in and out of your home for large items, and answer any questions they have.*
- Take one last look around your house
- Say goodbye to your old home
- Drive safely to your new home
- Make your bed
- Set up your child's room



### The Day(s) After

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- Unpack the most important rooms  
*Start with bedrooms, bathrooms, and the kitchen.*

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- Childproof your home

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- Greet your neighbors

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- Leave a review of the moving company

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- Start making memories!