

# MOVING DAY CHECKLIST — PRINTABLE VERSION

## 1–2 Weeks Before Moving Day — Planning & Preparation


### Goals:


- Reduce the overall moving load
- Create your digital organization system
- Start preparing your “**OPEN FIRST**” kit

### Detailed Checklist

- ☐ Confirm the date and time with your moving company and sign the final contract
- ☐ Create a digital folder (Google Drive / Dropbox) with all documents: contract, insurance, receipts, and inventory list
- ☐ Take photos of valuable items (art pieces, electronics, expensive furniture)
- ☐ Start decluttering: sort each room (Donate / Sell / Keep)
- ☐ Measure large furniture and check if it fits through doors and stairways
- ☐ Schedule utilities for your new home (electricity, water, internet)
- ☐ Buy packing materials:
  - ☐ boxes in various sizes
  - ☐ packing tape and bubble wrap
  - ☐ permanent markers
  - ☐ color-coded labels (room + contents)
- ☐ **Create your “OPEN FIRST” box** (the one that stays with you, not in the truck):

- ☐ comfortable clothes
- ☐ first aid kit
- ☐ water, snacks, reusable mug
- ☐ flashlight and batteries
- ☐ personal documents, keys, wallet
- ☐ hand sanitizer, toilet paper, towels

 **Pro tip:** Mark the box clearly with “**DO NOT LOAD – OPEN FIRST.**”

 **Estimated time:** 4–6 hours per day

## The Day Before Moving Day — Final Check


### Goals:

- Maximize organization
- Eliminate morning-of moving stress

### Detailed Checklist

- ☐ Confirm all details with the moving team (arrival time, parking, contact info)
- ☐ Clean out the refrigerator, use up perishable food, and defrost appliances
- ☐ Withdraw cash for tips and unexpected expenses
- ☐ Charge all devices (phones, power banks, laptops)
- ☐ Prepare a comfort bag:
  - ☐ clothes for two days
  - ☐ essential medications

- ☐ personal hygiene items
- ☐ phone charger, headphones, pillow
- ☐ **Make sure pets are ready:** food, water, leash, and their small kit
- ☐ Do a full home walkthrough to spot areas that need cleaning
- ☐ Clearly label each box (room + contents)
- ☐ Take photos of electronic setups (TV, PC, router) before unplugging

 **Tip:** Create a mini floor plan of your new home—one copy for yourself and one for the moving crew.

## Moving Day — Execution & Supervision

### Goals:

- Coordinate the moving crew
- Avoid losses and confusion

### Detailed Checklist

- ☐ Be present during loading and coordinate the moving crew
- ☐ Keep your “**OPEN FIRST**” kit and all documents in your personal car
- ☐ Supervise the handling of fragile items
- ☐ Check every room before the crew leaves
- ☐ Write down the truck’s license number and the driver’s name
- ☐ Turn off lights and gas, and make sure all windows are secured
- ☐ Check mail, drawers, the attic, and the basement

- ☐ Take photos of the empty home to document its condition (especially useful if you're a renter)
- ☐ Thank the crew and give the agreed-upon tip

**Motto of the day:** *"Stay calm, stay hydrated, stay present."*

## After Moving Day — Setup & Adjustment

### Goals:


- Ensure safety in your new home
- Create initial comfort
- Update all necessary documents

### Detailed Checklist

- ☐ Unload and unpack your **"OPEN FIRST"** box
- ☐ Assemble essential furniture: bed, table, chairs
- ☐ Change door locks
- ☐ Check electrical systems, outlets, and smoke detectors
- ☐ Activate internet and cable TV
- ☐ Take a walk around the neighborhood and meet your neighbors
- ☐ Update your address with:
  - ☐ bank, insurance, and healthcare providers
  - ☐ online services
  - ☐ phone company

☐ Register your pets with a new veterinarian

☐ Leave a review for your moving team

 **Pro tip:** Keep all foldable boxes for future use—many companies will pick them up and offer a discount on your next move.

## Long-Distance or Interstate Move — Additional Adjustments

### Goals:

- Ensure transport safety
- Comply with all legal requirements

### Detailed Checklist

- ☐ Verify the moving company's **DOT license** and insurance coverage
- ☐ Book temporary accommodation (hotel or Airbnb)
- ☐ Transfer medical prescriptions and close any safe deposit boxes
- ☐ Register your car and update your driver's license
- ☐ Check legal requirements for pets in your new state
- ☐ Review your transportation insurance policy — does it cover potential damages?