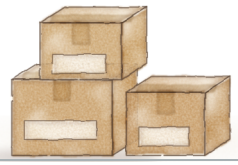
Moving Checklist

8 to 4 weeks before — plan, decide and book



MOVING DATE _____ FROM _____ TO _____

8 WEEKS BEFORE

- [ ] Set the move date and a moving budget.
- [ ] Decide how you will move: DIY truck, portable container or full-service movers.
- [ ] Get at least three written quotes; for interstate moves, check each mover's USDOT registration with FMCSA.
- [ ] Start a moving folder for quotes, receipts, leases or closing papers.
- [ ] Begin decluttering one room at a time: keep, sell, donate or recycle.

6 WEEKS BEFORE

- [ ] Book movers or reserve a truck and confirm the date in writing.
- [ ] Order boxes, tape, markers and padding.
- [ ] Request school and medical records you will need at the new address.
- [ ] Measure large furniture and the new home's doorways and rooms.
- [ ] Use up frozen and pantry food you will not move.

4 WEEKS BEFORE

- [ ] Schedule utility shut-off at the old home and start-up at the new one.
- [ ] File your change of address with USPS (online or at a Post Office).
- [ ] Start packing rarely used rooms and seasonal items.
- [ ] Arrange time off work and childcare or pet care for moving day.
- [ ] Reserve elevators or parking if your building requires it.

Interstate moves: movers and brokers must be registered with FMCSA — look up their USDOT number before booking (fmcsa.dot.gov/protect-your-move/search-mover). A binding estimate sets the price for the goods and services listed; if the shipment or services change, ask for a revised written estimate before loading. A non-binding estimate is approximate: the final charges depend on the actual weight, the services provided and the mover's tariff. Interstate movers must give you the booklet "Your Rights and Responsibilities When You Move."

MY OWN TASKS

Moving Checklist

3 weeks before to moving day — pack, confirm and go

2–3 WEEKS BEFORE

- [ ] Pack everything except daily essentials; label every box by room and number, and keep a list of what is in each box to check on arrival.
- [ ] Update your address with banks, employer, insurance and subscriptions.
- [ ] Refill prescriptions and arrange transfer to a new pharmacy if needed.
- [ ] Sell or donate items you are not taking.
- [ ] Confirm the mover's arrival window and what they will and will not move.

FINAL WEEK

- [ ] Pack an essentials box and an overnight bag for each person.
- [ ] Defrost and clean the refrigerator if it is moving.
- [ ] Confirm keys, access codes and parking at both homes.
- [ ] Back up computers and photograph electronics wiring.
- [ ] Set aside cash or payment for movers and tips if you plan to tip.

MOVING DAY

- [ ] Walk through with the crew; point out fragile and do-not-load items.
- [ ] Check the inventory or bill of lading before you sign it.
- [ ] Do a final sweep of every room, closet, cabinet and the garage.
- [ ] Photograph the empty home and record meter readings.
- [ ] Lock up and hand over or return keys as agreed.

MY OWN TASKS

After the Move & Address Changes

Settle in and make sure your mail, bills and records follow you

FIRST DAYS IN THE NEW HOME

- [ ] Check every box against your inventory and note any damage right away, with photos.
- [ ] Test smoke and carbon-monoxide alarms; find the water shutoff and breaker panel.
- [ ] Change or rekey exterior locks if you own the home; renters arrange keys and locks with the landlord or property manager.
- [ ] Update your driver's license, vehicle registration and voter registration — check your state's deadlines.
- [ ] Notify the IRS of your new address (Form 8822, or use it on your next return).
- [ ] Register children at school and find new doctors, a dentist and a veterinarian.

WHO NEEDS YOUR NEW ADDRESS

Write the date completed or the confirmation number beside each one.

GOVERNMENT

- [ ] USPS change of address _____
- [ ] IRS (Form 8822 or next return) _____
- [ ] Driver's license + vehicle registration _____
- [ ] Voter registration _____
- [ ] Social Security / benefits _____

WORK + HEALTH

- [ ] Employer / payroll _____
- [ ] Doctors + dentist _____
- [ ] Pharmacy _____
- [ ] Veterinarian _____

MONEY + INSURANCE

- [ ] Banks + credit cards _____
- [ ] Loans + mortgage _____
- [ ] Auto insurance _____
- [ ] Renters / homeowners insurance _____
- [ ] Health + life insurance _____

HOME + LIFE

- [ ] Subscriptions + deliveries _____
- [ ] Online shopping accounts _____
- [ ] Schools + activities _____
- [ ] Friends + family _____

OTHERS TO NOTIFY

Moving-Day Plan

Keep the key details and your essentials in one place

KEY DETAILS

MOVER / TRUCK COMPANY

PHONE

CONFIRMATION #

ARRIVAL WINDOW

NEW ADDRESS

KEYS / ACCESS AT THE NEW HOME

ELEVATOR / PARKING RESERVED?

MOVING-DAY TIMELINE

TIME	WHAT HAPPENS	WHO

ESSENTIALS — KEEP WITH YOU, OPEN FIRST

Keep medications, important documents, chargers and other critical items in your own car or carry-on bag, not on the truck.

- ☐ Medications
- ☐ Toilet paper + soap
- ☐ Snacks + water
- ☐ Pet food + bowls
- ☐ Important documents
- ☐ Bedding for night one
- ☐ Basic tools + box cutter
- ☐ Towels
- ☐ Phone chargers
- ☐ Change of clothes
- ☐ Flashlight
- ☐ Paper plates + cups

ALSO PACK