

# Moving Day Preparation Checklist

## 1 Month Before Moving

- Sort and declutter your belongings
- Research and book a moving company or truck rental
- Gather packing materials (boxes, tape, bubble wrap)
- Notify landlord (if renting) and provide notice
- Start using up perishable food items

## 2 Weeks Before Moving

- Start packing non-essential items
- Label boxes by room and contents
- Arrange for childcare or pet care on moving day
- Transfer or disconnect utilities and services
- Update address with important contacts

## 1 Week Before Moving

- Finish packing most items, leaving essentials
- Prepare an essentials box for moving day
- Confirm moving arrangements and schedule
- Clean your current home
- Dispose of hazardous materials properly

## Moving Day

- Do a final walkthrough of each room
- Protect floors and walls during the move
- Double-check all doors and windows are secured
- Make sure to have keys and important documents handy
- Take a photo of utility meters (if needed)