

# Pre-Move Organization Checklist for Stress Reduction

## 6-8 Weeks Before Move

- Create a moving binder or digital folder for documents
- Schedule moving date & book moving company or truck
- Notify landlord (if renting) and review lease terms
- Take inventory of household belongings
- Begin sorting and decluttering each room

## 4 Weeks Before Move

- Gather packing supplies: boxes, tape, labels, markers
- Start packing non-essential items
- Arrange donations or disposal for unwanted items
- Notify schools and transfer records if needed
- Plan meals to use food from pantry and freezer

## 2 Weeks Before Move

- Confirm moving date & time with mover/truck rental
- Update address with postal service, banks, and subscriptions
- Arrange utilities (disconnect at old, set up at new home)
- Pack fragile and valuable items separately
- Arrange childcare or pet care, if needed on moving day

## 1 Week Before Move

- Pack an essentials box (clothes, toiletries, chargers, snacks)
- Disassemble furniture, if necessary
- Double-check travel arrangements for moving day
- Clean each room as you finish packing
- Confirm any help from friends or family

## Moving Day

- Take photos of empty home for records
- Complete a final walkthrough of old home
- Make sure utilities are off at old home
- Ensure all boxes and items are loaded
- Lock up and turn in keys, if required