

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