



Ultimate Moving Checklist and Packing Guide

MOVE-OUT CHECKLIST: STAY AHEAD OF MOVING DAY

Simple steps to make moving out faster, easier, and less stressful.

Name: _____

Move Date: _____

New Address: _____

Moving Type: Local Long Distance Interstate

8 WEEKS BEFORE MOVING DAY:

Create a moving folder or moving checklist app

Store and organize:

- Quotes and reservations
- Receipts and contracts
- Inventory lists
- Utility confirmations
- Important documents

Take inventory of your belongings

Sort items into:

- Keep
- Donate
- Sell
- Recycle
- Storage

Take photos of valuable items for documentation purposes

Build your moving budget

Estimate:

- Truck or container costs
- Fuel and mileage expenses
- Moving labor costs
- Storage costs
- Moving supplies
- Cleaning costs

Compare moving options

- DIY truck rentals
- U-Box® containers
- Moving Help® Marketplace
- Full-service movers

Reserve moving equipment early

Reserve if needed:

- Moving truck
- U-Box® containers
- Storage
- Moving labor

Notify your landlord if renting

Confirm requirements:

- Move-out notice
- Elevator reservations
- Parking permits
- Inspection scheduling



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6 WEEKS BEFORE MOVING DAY:

- Transfer important records:
 - Medical records
 - Dental records
 - Veterinary records
 - School records/transcripts
- Begin packing non-essential items
 - Seasonal decorations
 - Guest room items
 - Off-season clothing
 - Garage items
 - Storage items
- Label boxes by room or category
- Research utility and internet providers
 - Smart-home services
 - Electricity
 - Water
 - Gas
 - Internet service

4 WEEKS BEFORE MOVING DAY:

- Schedule utility shut-offs and activations
 - Trash and recycling
 - Electricity
 - Water
 - Gas
 - Internet installation
- Continue packing less-used items
- Update important accounts
 - Employer information
 - Bank accounts
 - Credit cards
 - Insurance providers
 - Schools
 - Subscription services

2 WEEKS BEFORE MOVING DAY:

- Submit a change-of-address request
- Update:
 - Financial institutions
 - Healthcare providers
 - Delivery services
 - Insurance providers
 - Membership accounts
- Confirm reservations
 - Truck reservation
 - Storage reservation
 - Moving Help® Marketplace reservation
 - Utility appointments
- Pack an essentials bag, including:
 - Clothing
 - Toiletries
 - Chargers
 - Medications
 - Important documents



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1 WEEK BEFORE MOVING DAY:

- Finish packing remaining belongings
 - Label final boxes
 - Secure valuable items
- Prepare your current home
 - Finish cleaning
 - Dispose of restricted items
 - Use pantry items
 - Empty refrigerator
 - Defrost refrigerator if needed

MOVING DAY CHECKLIST:

- Complete a final walkthrough
 - Check cabinets
 - Check closets
 - Check drawers
 - Check storage spaces
 - Load your truck or containers
 - Load heavier items first
 - Secure fragile items carefully
 - Verify inventory
- Collect:
- Keys
 - Important documents
 - Access devices

AFTER MOVING DAY:

- Confirm belongings arrived safely if shipped or stored
 - Unpack essentials first
 - Move remaining items into storage if needed
 - Finish remaining account updates
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- Relax, you made it through moving day!