

THE MOVING CHECKLIST



PREP IN ADVANCE (2-3 WEEKS BEFORE)

Logistics:

- Set a moving budget
- Choose a moving company
- Book movers and truck (if needed)
- Schedule moving day off work (and for helpers, if applicable)

Purge and Pack:

- Declutter ruthlessly (donate, or sell)
- Gather packing supplies (boxes, tape, labels)
- Research packing hacks for efficiency
- Start packing non-essentials in labeled boxes (room by room)

New Place:

- Research your new neighborhood
- Measure doorways and furniture for fit at the new place
- Schedule utility and internet transfer/installation for new home

NOTIFY OF UPCOMING MOVE (6-4 WEEKS BEFORE)

Change of Address:

- Submit Change of Address (USPS)

Update Your Contact Information:

- Work & School
- Family & Friends

Utilities & Home Services:

- Electricity
- Water
- Gas
- Internet, Phone & Cable
- Garbage removal
- Lawn service
- Move-out cleaning

Finances:

- Bank & credit unions
- Credit cards
- Loan agencies

Subscriptions & Memberships

- Gym, clubs & organizations
- Streaming services
- Online shopping accounts

Insurances & Service Providers

- Homeowner & renters insurance
- Car insurance
- Health & dental insurance
- Life insurance
- Doctors, Dentists & Veterinarians
- Accountants
- Attorneys

Government Agencies:

- Update your address with CRA
- Voter registration
- Alberta Health Services (AHS)
- Social Security Administration

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PACK AN OVERNIGHT BAG (DAY BEFORE)

Essentials for your first night

- Pajamas & change of clothes
- Toiletries & medications
- Phone charger & power bank
- Snacks & drinks
- Paper towels & toilet paper

LABEL AN OPEN FIRST BOX (DAY BEFORE)

Essential unpacking items

- Trash bags & cleaning supplies
- Tools (screwdriver, multi-tool)
- Flashlight & headlamp
- Bottled water & snacks
- Medications
- Dishes, utensils & paper plates
- Bedding (sheets, blanket, pillow)

MOVING DAY

Preparation:

- Have cash on hand for moving crew tips and unexpected costs
- Clear walkways and driveways for movers' access
- Disassemble furniture (if not done by movers)

Oversee the Move:

- Double-check inventory list
- Direct movers where to place boxes in your new home

Settling In:

- Unpack your labeled "Open First" box and overnight bag
- Set up the kitchen and bedrooms first for immediate comfort
- Make sure all utilities are turned on

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