

Your Move Toolkit

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You don't have to keep everything in your head or figure this out as you go. These tools are designed to give you structure, keep you organized, and help you focus on the right things at the right time—whether your move is happening quickly or over several weeks.

Use the tool that matches your timeline and situation.



Assisted Living Essentials List



30-Day Moving Checklist

Best for: Fast, urgent moves

- Focuses on essentials
- Keeps you on track when time is limited



8-Week Moving Timeline

Best for: More planned transitions

- Step-by-step weekly breakdown
- Helps reduce last-minute stress



Room-by-Room Inventory Checklist

Best for: Staying organized

- Track what's moving
- Avoid confusion
- Simplify packing



Decluttering Checklist

Best for: Reducing overwhelm

- Helps decide what stays vs goes
- Keeps the process moving



Assisted Living Essentials List

Use this checklist to help prepare for the transition to assisted living. Customize it to fit your unique situation and preferences.

Personal Clothing & Accessories

- Comfortable everyday clothes (pants, shirts, sweaters)
- Sleepwear and robe
- Undergarments and socks
- Non-slip shoes and slippers
- Seasonal outerwear (coat, hat, gloves)
- Special occasion outfit
- Favorite blanket or shawl
- Lightweight sweaters or cardigans for layering
- Extra pairs of prescription glasses (backup set)
- Jewelry for daily wear (costume, not valuables)
- Belts or suspenders if needed for comfort

Personal Care Items

- Toothbrush and toothpaste
- Shampoo and conditioner
- Body wash or soap
- Deodorant
- Razor and shaving cream
- Hairbrush or comb
- Skincare products
- Makeup (if used)
- Eyeglasses and case
- Hearing aids and batteries
- Denture care supplies (cleaner, adhesive, storage cup)
- Incontinence products (pads, briefs)
- Nail care kit (clippers, file)
- Lip balm and lotion for dry skin

Medications & Health Supplies

- All current prescriptions (clearly labeled)
- Over-the-counter medications (permitted by facility)
- Medical equipment (walker, cane, wheelchair)
- Blood pressure monitor (if needed)
- Extra hearing aid batteries
- List of all medications with dosages
- Pill organizer or dispenser
- Oxygen equipment
- CPAP machine (if applicable)
- Copies of prescriptions in case of pharmacy transfers
- Thermometer

Household & Comfort Items

- Bedspread or comforter from home
- Pillow(s) & Extra Blankets
- Towels and washcloths
- Favorite small furniture piece (chair, side table)
- Favorite Framed Photos

Once your new home is selected be sure to check with them for a specific list of items that are allowed.

30 Day Moving Checklist



Moving is a monumental task. Here's how to spread it out over the course of a month for maximum success.

- Day 01** Take inventory of everything you'll need to move.
- Day 02** Invest in packing supplies, including: boxes, bubble wrap, packing tape, and markers for labeling.
- Day 03** Create "to throw away," "to donate," and "to sell" boxes and/or piles.
- Day 04** Make your inaugural trip to the landfill and the donation center.
- Day 05** Compare moving companies and self-storage facilities.
- Day 06** Make your reservations with professional movers and a self-storage facility.
- Day 07** Gather important documents—like passports, mortgage papers, insurance portfolios, and medical records—and put them in safe place ahead of the move.
- Day 08** Change your address with an official mail forwarding form. Notify banks, insurance companies, and subscription services of your move.
- Day 09** Start, stop, or transfer your utility services.
- Day 10** Notify your friends, family, and neighbors of your move.
- Day 11** After performing a second round of sorting, take another trip to the landfill and the donation center.
- Day 12** Create online listings for items you want to sell.
- Day 13** Check your prescriptions and make sure you have enough to make it through the move. If not, order more today.
- Day 14** Plan your travel route. This is especially important if you're moving cities, flying, or taking multiple days in transit to reach your new home.
- Day 15** You're halfway there. Begin packing lesser-used items in your home, such as fine dishware, seasonal items, and books.
- Day 16** Take a(nother) tour of your new place. This can help you determine whether you'll need to do more downsizing.
- Day 17** Continue packing lesser-used items in your home. Invite a friend over for help.
- Day 18** Take care of your yard, day one. Make sure everything is accounted for and straightened up before you leave.
- Day 19** Take care of your yard, day two. Some yards require two days of maintenance.
- Day 20** Speak with your landlord about any property services that need to be scheduled before you leave.
- Day 21** Begin a room-by-room packing tour of your house. Start by clearing out foods in your kitchen.
- Day 22** Move to your bathrooms and pack-up toiletries and linens that will not be used before the move.
- Day 23** Call your movers a week in advance to make sure they are still coming on your scheduled day.
- Day 24** Tour the remaining rooms in your house and pack up anything that will fit into a box. Leave out electronics and other essential appliances, as you may want to use them.
- Day 25** Begin packing up your bedroom. Start with your closets, dressers, and desks.
- Day 26** Finish packing up your bedroom. Be sure to leave a few clothes and essentials free for the remaining few days.
- Day 27** Perform one final day of yardwork or exterior cleaning before vacating your premises. (This is especially important if you're renting.)
- Day 28** Vacuum, mop, and wipe down your house. Pack up all electronics.
- Day 29** Check in with your movers one last time and pack a day-of bag.
- Day 30** Get to sleep early before the big day.

8 Weeks Before Your Move Date

Create a Moving Folder or Binder

(Credit to United Van Lines and All State)

- Keep everything related to your move organized, including quotes, service details, contact info, receipts and reminders
- Include a move calendar to help you notate all of your important dates: your move-out date, move-in date, packing schedule, closing date, lease termination date (if applicable), travel dates and other deadlines.
- Save helpful research about your new destination, such as address, contact info, closest medical facilities, Key Team Member Contacts
- Create a digital version for easy access and sharing — once you get a quote from Moving Company, check what tools they have to help you.



Set a Moving Budget

- Decide how much to spend on your move
- If your employer or insurance is covering the move, review their relocation policy
- If moving yourself, factor in supplies, equipment, transportation, fuel and labor

Gather Quotes and Pricing Information

- Decide which services you need; Many companies offer options like packing, storage, car shipping, TV mounting, debris pickup and more
- Be ready to share your move details: dates, origin and destination zip codes, home size, number of floors, extra services needed and any fragile or high-value items
- Understand the factors that can affect the amount of your moving quote, such as seasonality, additional services, distance, weight, etc.
- Understand the difference between an instant quote, a ballpark estimate and an estimate that you would receive after a virtual or in-person walk-through.

Research Moving Companies and Services

Protect yourself from scams and unreliable movers. Some disreputable companies may charge hidden fees or even hold your belongings hostage until a large fee is paid. Safeguard your move by doing the following:

- Ask friends and family for referrals
- Visit the American Trucking Associations' Moving & Storage Conference at moving.org
- Check online reviews, social media accounts and the Better Business Bureau
- If yours is an interstate move, ensure that the companies you are looking at have a DOT number which federally authorizes them to transport your belongings across state lines.
- Keep written documentation, especially quotes
- Review the mover's information packet: "Your Rights and Responsibilities When You Move"
- Understand Full Value Protection and the claims process for your interstate move

Schedule a Virtual or In-Home Assessment

Before receiving an estimate, movers must visually inspect your belongings, either in-person or virtually. If scheduling a Virtual Survey your move consultant will guide you through the process.

- Schedule a virtual or in-person walk-through. Make sure to ask your estimator any questions you have about costs, services, delivery timing and the moving process.
- Show all rooms, including the garage, attic, shed and yard
- Mention any offsite storage units that will be included in the move
- Identify what's going on the truck and what's staying behind
- Point out high-value items worth over \$100 per pound (such as antiques and designer goods)
- Note delicate or breakable items
- Show your home's exterior and truck access points
- Discuss whether you'll pack yourself or use professional packing services
- Estimates and book your move, be sure to understand what is included in your base price



7 Weeks Before Your Move Date

Prepare Your Family for Your Move

Talking to family members about the move can be hard, especially if they have built friendships at that current location. Try to sit down with them early and often to help them prepare for the transition.

If possible, set up a time to visit your new home and area with your family to acclimate them to the new location. Be sure to understand where local hospitals and treatment centers are in case of a transfer or appointment.

Prepare for Your New Destination

- Confirm your start date if you're changing jobs
- Notify your current employer and request time off for the move
- If you have school-age children, notify their current school about the upcoming move

Complete any required school registration documentation and schedule an in-person visit at the new school

Plan to transfer medical, dental and school records for all family members, including pets

Check whether your auto or property insurance needs to be updated

Consider storage if your new home won't be ready by move-in day or if there is excess to deal with

Create a list of furniture or household items needed; order large or custom pieces now to allow time for delivery. Such as

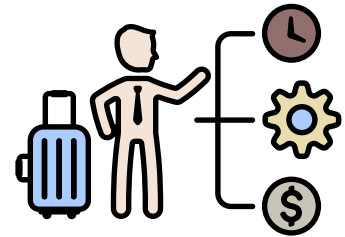
Measure to ensure new and existing furniture will fit your space



6 Weeks Before Your Move Date

Make Travel Arrangements

- Reserve lodging for the trip, and at the destination if your new home won't be ready for move-in
- Book flights if applicable, arrange transportation from the airport
- Schedule childcare or pet sitting if needed
- Service vehicles if traveling long-distance
- Arrange car shipping if needed; Some movers offers this service



5 Weeks Before Your Move Date

Protect and Transfer Important Documents

- Consider scanning physical documents to cloud storage
- Back up your computer and digital files
- Secure login credentials, ensuring you have access to them after your move
- Keep passports, Social Security cards, birth certificates and financial documents in a safe place. During the move, they will travel with you – not on the moving truck
- Gather warranty documents and manuals



Gather Packing Materials if Self-Packing

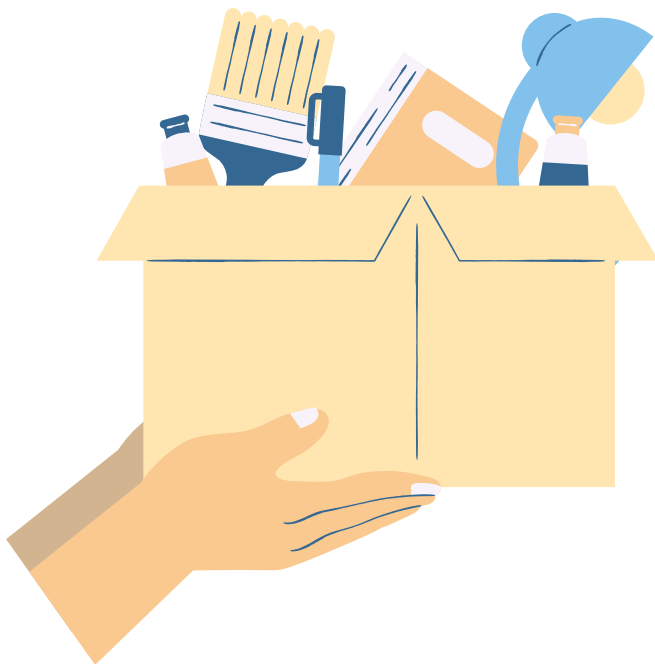
Learn about specialty boxes, like dish packs and wardrobes

Talk to your move coordinator about buying boxes; many local agents sell supplies directly to customers.

Don't forget markers, tape and plenty of padding material

Begin Decluttering (See Guide at End)

- Return borrowed items
- Sort room-by-room into keep, sell, donate and trash piles
- Host a garage sale or sell unwanted items online
- Donate usable items to organizations like Goodwill or The Salvation Army
- Schedule junk pickup for large unwanted items
- Shred sensitive documents; many banks and office supply stores can do this
- Dispose of hazardous materials per local regulations



4 Weeks Before Your Move Date

Start packing

- Reference United's packing tips and how to pack videos for room-specific advice
- Create a packing zone in each part of the house that will be out of the way
- Start with storage areas and pack nonessential and seasonal items first
- Keep a detailed inventory, including box contents and room placement
- Label boxes clearly. Write on the sides rather than the top, so the label is visible when boxes are stacked.
- Note fragile or heavy items on the outside of the box
- Use extra linens and T-shirts to pad boxes and keep your items securely in place
- Don't pack prohibited or hazardous items, ask your representative if you have any questions about what is not allowed on the moving van
- Interstate movers cannot transport houseplants; make plans to take them with you or look into rehoming them with a friend or family.
- Begin setting aside first-night essentials: bedding, toiletries, clothes, plan for medications and snacks



3 Weeks Before Your Move Date

Notify Key Parties About Your Move

- File a change of address with the post office and forward mail
- Cancel or set up home services like lawn care, pool maintenance and pet care

- Update your address with subscription services, the IRS, Medicare, Veterans Affairs, voter registration and financial institutions
- If changing employers, be sure your previous employer has your new address for tax forms and other critical paperwork
- Transfer prescriptions to your new pharmacy
- Cancel or transfer local memberships to gyms, yoga studios, business associations or social clubs
- Plan goodbye gatherings with friends and neighbors and schedule visits to your favorite restaurants and parks before your departure

2 Weeks Before Your Move Date

Clean and Prep Your Current Home

- Use up freezer food and prep meals ahead
- Remove wall hardware and patch holes
- Schedule or plan a thorough move-out cleaning
- Dust and wipe down furniture to avoid damage in transit
- Have rugs professionally cleaned
- Begin disassembling unused furniture; use labeled baggies for small furniture hardware, we recommend starting a parts box to keep all hardware in one place
- Make any needed repairs to receive your security deposit

Prepare for Your Trip

- Map your route and schedule stops
- Queue up a playlist of music and favorite podcasts for the drive



- Pack activities and comfort items for the kids
- Pack snacks and toiletries

Wrap Up Loose Ends

- Return library books
- Return store purchases
- Cancel or redirect deliveries
- Pick up dry cleaning
- Resolve any outstanding fines or fees
- Transfer safety deposit box content



1 Week Before Your Move Date

Ready Appliances and Outdoor Items

- It is recommended to use a qualified technician to prepare appliances for moving; ask your move coordinator if this is necessary and for a recommendation.
- Unplug and defrost refrigerators and freezers 24+ hours before moving day; be sure they are dry before closing the door
- Air out the dishwasher and ensure it is empty
- Disconnect and stabilize your washer and dryer
- Drain gas-powered items and let them dry out completely; seal tank tightly with gas cap after airing out
- Remove propane tanks
- Dry garden hoses completely and tightly connect the two ends to prevent any drips



- Pack small appliances and label carefully
- Remove and pad light bulbs and fragile lamp parts
- Disassemble televisions, computers, scanners and printers



Coordinate Utility and Service Setup

- Arrange for new utilities to be activated before arrival
- Disconnect existing services the day after your move
- Contact all providers, including gas, electric, water, trash, recycling, cable and internet

Plan for Moving Day

- Confirm all logistics with your mover or helpers
- Arrange care for kids or pets on moving day
- Keep keys to your new home accessible; do not let them get packed into the moving van
- Finalize your first-night kit
- Prepare easy meals for the final week
- If you would like to tip your movers at move-out and move-in, make sure to have some cash on hand; tipping is optional and is at your discretion
- Finish any last-minute packing
- Monitor the forecast and prepare accordingly
- Clean and dry outdoor furniture
- Pack a cooler with drinks, snacks and any medications (that may be required) for moving day.
- Set aside items that should not go on the moving truck, we recommend marking a closet with a sign that says **“DO NOT LOAD”**

We are in Houston - Weather is UNPREDICTABLE
Plan Accordingly

Move Out Day

- Meet your movers and share any key info or concerns
- Protect floors with drop cloths or covers
- Be prepared to direct movers on room layout and special items
- Sign required paperwork, such as the Bill of Lading and inventory
- Do a final walkthrough to ensure nothing is left behind
- Turn off lights and lock doors



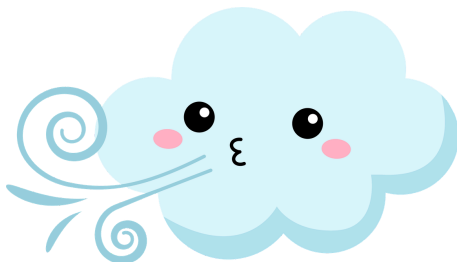
This is HOUSTON

1. IF Summer

- LOTS OF WATER
- It will take longer
- Plan BREAKS
- LOTS OF WATER

2. IF NOT Summer

- Weather is unpredictable
- Could be HOT
- Could turn cold and rainy (very fast)
- Plan Accordingly



Move In Day

- Protect floors before bringing items in
- Guide movers on furniture and box placement
- Read and sign any necessary paperwork
- Before you begin unpacking, do some basic cleaning
- Install shower curtains
- Assemble and make beds
- Unpack your cooler and first-night kit
- Bring personal items in from your vehicle
- Consider changing locks for added security
- Make spare keys as needed

Unpack and Settle In

Stock Up

- Buy groceries and essentials



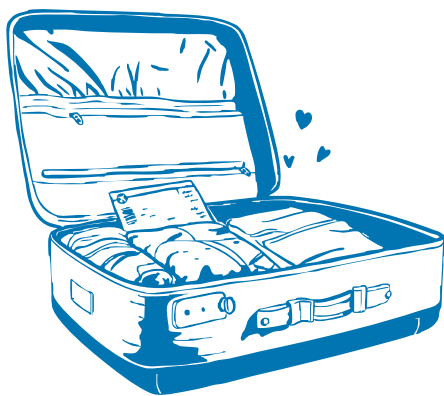
Clean Your New Home

- Clean floors, baseboards, windows, fans, stairs and surfaces
- Hire a move-in cleaning service if desired
- Service the chimney if needed
- Make sure your address is visible

Set Up Safety and Security

- Research and install a security system
- Check or purchase smoke and carbon monoxide detectors
- Identify nearby emergency services, doctors offices, other care providers, and speciality stores necessary

Begin Unpacking



- Consider using an unpacking service
- Unpack essentials like dishes, toiletries, food and clothing
- Pace yourself to avoid feeling overwhelmed
- Reassemble furniture
- Declutter again as you unpack — donate, sell or discard as needed
- Use debris pick-up services if needed
- File claims with your mover if anything is lost or damaged

Get Your Documents and Accounts in Order

- Confirm address changes have gone through
- Open new accounts for banking, insurance and medical providers
- Register to vote
- Ensure return of your security deposit
- Establish residency in your new location
- Meet DMV requirements and get a new license
- Register pets and update tags or microchips
- Learn your trash and recycling pickup days



Settle In

- Meet your neighbors
- Leave a review and send a thank-you accordingly
- Review your moving company online
- Explore your new community



TAKE A HOME INVENTORY



Taking stock of your possessions is an important part of any move. Doing it with a home inventory can help bring order to the flurry of purging and packing activities that can otherwise overwhelm the process. Print this list out to help you catalogue items as you pack up each room. And keep it in a safe place (with receipts, if you have them) once you arrive at your destination; a home inventory can prove invaluable in the event that you ever have to make an insurance claim. If you prefer to create a digital inventory, try a smartphone app like Digital Locker, which lets you create a digital inventory and either save it on your smartphone or back it up to the cloud.

living room

	Original Price	Year of Purchase	Model or Serial #
Carpeting / rugs			
Sofas			
Coffee table / side tables			
Table & chairs			
Media center			
Shelves			
Curtains / blinds			
Lamps / light fixtures			
Art / clocks / wall décor			
Fireplace fixtures			
Miscellaneous items			

TIP: Take photos and video of every room, focusing on any significant items.

bathroom(s)

	Original Price	Year of Purchase	Model or Serial #
Cabinets / chests			
Mirrors			
Room décor			
Bath towels			
Clothes hamper			
Medicine cabinet contents			
Hair dryers / curlers			
Electric shavers			

TIP: Consider using towels or other linens to wrap household items.

TAKE A HOME INVENTORY



kitchen + laundry

Original Price

Year of Purchase

Model or Serial #

	Original Price	Year of Purchase	Model or Serial #
Cabinets / shelving			
Table & chairs			
Dishware / flatware / glassware			
Pots / pans			
Clocks / wall décor			
Refrigerator			
Stove			
Microwave			
Dishwasher			
Electrical appliances			
Washer / dryer			
Ironing board			
Steamer			
Vacuum cleaner			

TIP: Don't forget items behind pantry doors, in cabinets and in any drawers.

electronics

Original Price

Year of Purchase

Model or Serial #

	Original Price	Year of Purchase	Model or Serial #
Television #1			
Television #2			
Camera / video equipment			
Computer / laptop			
Computer accessories (printer, external hard-drives)			
Speakers/stereo system			
DVD player			
Telephones			
Mobile phone			
Tablet (iPad, Kindle, etc.)			
Video game systems			

TIP: Take a picture of how cords are connected to electronics so you can reconnect them easily later.

TAKE A HOME INVENTORY



family room + office

Original Price

Year of Purchase

Model or Serial #

	Original Price	Year of Purchase	Model or Serial #
Art / clocks / wall décor			
Carpeting / rugs			
Sofas			
Curtains / blinds			
Table & chairs			
Desk & contents			
Bookcases			
File cabinet			
Media center			
Lamps / light fixtures			

TIP: Don't overlook small but potentially valuable items, like personal collections.

dining room

Original Price

Year of Purchase

Model or Serial #

	Original Price	Year of Purchase	Model or Serial #
Rug			
Table			
Chairs			
China cabinet / buffet			
Curtains / blinds			
Silver ware			
China			
Glassware			
Tablecloths / napkins			
Art / wall décor			
Lamps / light fixtures			

TIP: Tape doors of cabinets or other furniture closed for the move.

TAKE A HOME INVENTORY



bedrooms

Original Price

Year of Purchase

Model or Serial #

	Original Price	Year of Purchase	Model or Serial #
Bedframe			
Mattress			
Linens			
Nightstand			
Dresser			
Jewelry			
Bookcase			
Desk			
Chair			
Mirror			
Lamps / light fixtures			
Closet accessories			
Clothes / shoes			

TIP: Check in with your insurance agent about valuables – jewelry, for instance – to make sure your coverage limits are adequate to cover a potential loss.

garage + outdoors

Original Price

Year of Purchase

Model or Serial #

	Original Price	Year of Purchase	Model or Serial #
Sporting equipment			
Tools			
Lawn mower			
Ladders			
Work bench			
Grill / barbecue equipment			
Storage equipment			
Lawn furniture			

TIP: Drain fuel from any power equipment before your move.

Downsizing Checklist by Room

BEDROOM - PRIORITIZE COMFORT & NECESSITY

Keep:

- Bed frame & mattress (if suitable for new space)
- Essential bedding (2-3 sets of sheets, 1-2 comforters)
- A small selection of seasonal clothes (use the one-year rule: if you haven't worn it in a year, donate it)
- Nightstand & reading lamp

Donate/Discard:

- Extra or unused furniture (dressers, chairs, bedside tables)
- Excess linens, blankets, and throw pillows
- Old or unused clothing, shoes, and accessories
- Bulky or duplicate items (like extra lamps or nightstands)

KITCHEN - STREAMLINE TO EVERYDAY ESSENTIALS

Keep:

- A small set of dishes (2-4 plates, bowls, mugs, and glasses)
- Basic cookware (1-2 pots, 1-2 pans, baking sheet)
- Everyday utensils (silverware, a few serving spoons)
- 1-2 appliances used daily (e.g., coffee maker, microwave)

Donate/Discard:

- Specialty kitchen gadgets rarely used (waffle makers, bread machines, etc.)
- Excess cookware, plates, and glassware
- Expired pantry items and spices
- Large or duplicate appliances
- Excess Tupperware with missing lids

LIVING ROOM - KEEP IT FUNCTIONAL & COZY

Keep:

- Comfortable seating (downsized sofa or favorite armchair)
- A few sentimental decor pieces (framed photos, heirlooms)
- A small bookshelf or storage unit for organization
- TV or entertainment system (if used regularly)

Donate/Discard:

- Large, heavy furniture that won't fit in the new space (china cabinets, oversized coffee tables)
- Excess decorative items (vases, figurines, artwork)
- Extra furniture that won't serve a purpose in the new home
- Outdated media (DVDs, CDs, VHS tapes)

BATHROOM - DECLUTTER & ORGANIZE FOR EFFICIENCY

✓ Keep:

- Everyday toiletries (limit to one of each item)
- Essential towels (2-4 bath towels, 2 hand towels, 2 washcloths)
- Small first-aid kit
- A few storage bins for organization

✗ Donate/Discard:

- Expired medications and skincare products
- Old or unused makeup and beauty supplies
- Worn-out or mismatched towels and washcloths
- Excess travel-size toiletries from hotels

HALLWAY / ENTRYWAY - REDUCE CLUTTER & IMPROVE ACCESSIBILITY

✓ Keep:

- A small console table or key holder
- Coat rack or hooks for outerwear
- A daily use bag or purse
- Walking cane, mobility aids (if needed)

✗ Donate/Discard:

- Old or unworn coats, hats, and shoes
- Stacks of unread mail and paperwork
- Decorative clutter (extra vases, small furniture)

LAUNDRY ROOM - ONLY KEEP THE ESSENTIALS

✓ Keep:

- Laundry detergent, fabric softener, and stain removers
- 1-2 laundry baskets
- An iron and ironing board (if regularly used)

✗ Donate/Discard:

- Old, worn-out cleaning rags
- Expired cleaning supplies
- Extra or broken hangers

STORAGE SPACES (GARAGE, ATTIC, BASEMENT, CLOSETS) - DECLUTTER DEEP STORAGE

✓ Keep:

- Important paperwork (store in labeled folders)
- Essential tools (hammer, screwdriver, flashlight)
- Sentimental items (limit to one small box or digitalize)

✗ Donate/Discard:

- Old holiday decorations that aren't used
- Extra tools, sports equipment, and duplicate hardware
- Boxes of "someday" items that haven't been touched in years
- Old furniture, broken appliances, outdated electronics