



House-to-House Moving Checklist for Seniors



Start planning 8-10 weeks before your move date

8-10 Weeks Before Moving

- ☐ Research and get quotes from 3 moving companies
 - ☐ Start decluttering - use the "Three Box Rule" (Keep, Maybe, Let Go)
 - ☐ Take photos of valuable items for insurance
 - ☐ Start using up frozen and perishable foods
 - ☐ Create a moving binder for important documents
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6-8 Weeks Before Moving

- ☐ Book your moving company
 - ☐ Notify doctors, dentist, and pharmacy of your move
 - ☐ Contact utility companies to schedule disconnection/connection
 - ☐ Submit change of address form with postal service
 - ☐ Notify Social Security, Medicare, and insurance companies
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4-6 Weeks Before Moving

- ☐ Order moving supplies (boxes, tape, bubble wrap, markers)
 - ☐ Start packing non-essential items
 - ☐ Notify bank, credit cards, and investment firms
 - ☐ Transfer prescriptions to new pharmacy
 - ☐ Buy colored tape - assign each room a color
- 💡 **Tip:** Blue for bedroom, green for kitchen - much easier than reading tiny labels!
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2-4 Weeks Before Moving

- ☐ Pack your "First Day Box" with essentials:
 - Favorite coffee mug

- Reading glasses
- Medications
- Phone charger
- Cozy blanket

☐ Pack your "Week One Kit" with first week necessities

☐ Arrange help for moving day (family, friends)

☐ Confirm details with moving company

☐ Start packing room by room

1 Week Before Moving

☐ Pack a suitcase as if going on a 3-day trip

☐ Use up remaining perishable food

☐ Confirm moving day logistics with movers

☐ Set aside cleaning supplies for both homes

☐ Prepare cash for moving day tips

Moving Day

☐ Keep your "First Day Box" with you in the car

☐ Do a final walkthrough with movers

☐ Keep important documents with you

☐ Check inventory list before signing

☐ Take photos of any damaged items

First Week in New Home

☐ Unpack your "First Day Box" first

☐ Set up your bed and basic bathroom supplies

☐ Locate circuit breakers and water shut-off

☐ Update voter registration

☐ Register with local medical facilities

☐ **Plan nothing else - give yourself time to rest**

Important Reminders

Keep These Numbers Handy:

- Moving company contact
- New utility companies
- Family/emergency contacts

Medication Checklist:

- Keep current prescriptions with you
- Have pharmacy transfer info ready
- Bring 2-week supply in carry bag

Essential Documents to Keep With You:

- Photo ID and insurance cards
 - Moving contracts and receipts
 - Medical records
 - Financial account information
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Remember: Moving takes courage at any age. You've got this! 💪

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