



# Complete Moving Checklist - 2025 Edition

## Your Step-by-Step Guide to a Stress-Free Move

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### 8-10 Weeks Before Moving

#### Research & Get Quotes

- ☐ Get 3+ written estimates from licensed movers
- ☐ Verify USDOT numbers through [FMCSA database](#)
- ☐ Read reviews on Better Business Bureau, Google, Yelp
- ☐ Understand binding vs. non-binding estimates
- ☐ Ask about price matching policies
- ☐ Research moving company insurance options
- ☐ Get references from recent local customers

#### Budget Planning

- ☐ Add 25-30% buffer to quoted price for extras
- ☐ Factor in seasonal adjustments (peak season +25-40%)
- ☐ Account for potential hidden fees (stairs, long carry, etc.)
- ☐ Plan for tips (industry standard: \$4-10/hour per mover)
- ☐ Research storage costs if needed (\$150-300/month)
- ☐ Set aside emergency fund (20% of total moving budget)
- ☐ Research utility deposits at new location (\$100-500)

#### Early Planning

- ☐ Create moving binder/folder for all documents
  - ☐ Research new neighborhood (schools, hospitals, services)
  - ☐ Start decluttering process - room by room
  - ☐ Research tax implications of moving expenses
  - ☐ Check if employer offers moving expense reimbursement
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## 6 Weeks Before Moving

### Book & Secure Services

- ☐ Book your moving company (confirm in writing)
- ☐ Get written contract with all fees listed
- ☐ Schedule time off work for moving day
- ☐ Book cleaning services for old and new homes
- ☐ Arrange temporary storage if needed

### Moving Supplies

- ☐ Order moving supplies or start collecting free boxes
- ☐ Get: boxes, tape, bubble wrap, markers, labels
- ☐ Collect newspapers for packing material
- ☐ Buy wardrobe boxes for hanging clothes
- ☐ Get specialty boxes (dish packs, picture boxes)

### Address Changes Begin

- ☐ Notify employer of address change
  - ☐ Contact children's schools for records transfer
  - ☐ Research new doctors, dentist, veterinarian
  - ☐ Start using up frozen/perishable food
  - ☐ Research utility companies at new location
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## 4 Weeks Before Moving

### Start Packing Process

- ☐ Begin packing non-essential items (books, decorations)
- ☐ Pack out-of-season clothes and linens
- ☐ Label boxes clearly with contents and destination room
- ☐ Create inventory list of packed items
- ☐ Pack one room at a time to stay organized
- ☐ Use up cleaning supplies and chemicals (can't be moved)

### Important Paperwork

- ☐ Start address change with banks and credit cards

- ☐ Update address for subscriptions and memberships
- ☐ Transfer prescriptions to new pharmacy
- ☐ Request medical/dental records from doctors
- ☐ Get copies of children's school records
- ☐ Update voter registration information

## Utilities & Services

- ☐ Schedule utility disconnections at old home
  - ☐ Schedule utility connections at new home (gas, electric, water)
  - ☐ Transfer/cancel internet, cable, phone services
  - ☐ Update address with insurance companies (auto, home, life)
  - ☐ Arrange mail forwarding with postal service
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## 2 Weeks Before Moving

### Finalize Moving Details

- ☐ Confirm moving crew size and estimated hours
- ☐ Clarify any additional fees or charges with mover
- ☐ Get contact information for moving day supervisor
- ☐ Confirm arrival time and parking arrangements
- ☐ Review inventory list with moving company

### Pack Most Items

- ☐ Pack everything except daily essentials
- ☐ Disassemble furniture that needs to be taken apart
- ☐ Pack a "first day" box for each family member
- ☐ Set aside cleaning supplies for both locations
- ☐ Pack essentials box: medications, important documents, phone chargers

### Final Arrangements

- ☐ Arrange childcare/pet care for moving day
- ☐ Get cash for tips and unexpected expenses
- ☐ Confirm new home is ready for move-in
- ☐ Plan meals for moving week (easy/takeout options)
- ☐ Backup computer files and important data

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## 1 Week Before Moving

### Last-Minute Packing

- ☐ Pack suitcase with essentials for first few days
- ☐ Pack cleaning supplies separately for easy access
- ☐ Separate valuable items to transport personally
- ☐ Use up remaining perishable food
- ☐ Pack "survival kit": snacks, water, first aid, flashlight

### Final Confirmations

- ☐ Confirm arrival time with movers
- ☐ Double-check parking permits if needed
- ☐ Confirm elevator reservations in buildings
- ☐ Check weather forecast and have backup plan
- ☐ Prepare floor plans for movers at new home

### Personal Preparation

- ☐ Get good night's sleep before moving day
- ☐ Prepare comfortable clothes and shoes for moving day
- ☐ Charge all electronic devices
- ☐ Set up temporary phone service if needed
- ☐ Notify neighbors of moving day (courtesy)

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## Moving Day

### When Movers Arrive

- ☐ Be present for initial walkthrough and inventory
- ☐ Check moving crew credentials and truck licensing
- ☐ Review contract terms and ask any final questions
- ☐ Take photos of valuable items before packing
- ☐ Note any pre-existing damage on inventory list

## During the Move

- ☐ Stay available to answer questions
- ☐ Keep important documents with you (not in moving truck)
- ☐ Keep medications, jewelry, cash with you
- ☐ Take photos of electronics setup before disconnecting
- ☐ Keep children and pets in safe area away from movers

## Before Movers Leave

- ☐ Do final walkthrough of old home (check all rooms, closets, cabinets)
- ☐ Check all boxes and furniture are loaded
- ☐ Get copies of inventory list and bill of lading
- ☐ Get driver's contact information and expected delivery time
- ☐ Tip movers (\$4-10 per hour per mover)
- ☐ Get final bill breakdown before paying

## At New Home

- ☐ Do walkthrough and note any damage immediately
  - ☐ Check that utilities are working
  - ☐ Locate circuit breakers, water shutoff, gas shutoff
  - ☐ Check all boxes and furniture for damage
  - ☐ Sign delivery receipt only after inspection
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# First Week After Moving

## Immediate Tasks

- ☐ Unpack essentials first (bathroom, kitchen basics, bedding)
- ☐ Set up beds for first night
- ☐ Locate and test smoke detectors
- ☐ Find and test main water shutoff
- ☐ Set up basic lighting in main rooms

## Claims & Documentation

- ☐ Submit any damage claims within 24 hours
- ☐ Take photos of any damaged items
- ☐ Keep all moving receipts (may be tax deductible)
- ☐ File moving expense receipts if employer reimburses
- ☐ Update moving company review online

## Essential Updates

- ☐ Update driver's license (usually within 30 days)
  - ☐ Register to vote in new location
  - ☐ Register children for new schools
  - ☐ Find new primary care doctor and dentist
  - ☐ Update address with IRS and state tax agencies
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# First Month After Moving

## Complete Address Changes

- ☐ Update address with credit monitoring services
- ☐ Change address on all investment accounts
- ☐ Update professional licenses and certifications
- ☐ Change address with gym, clubs, memberships
- ☐ Update emergency contacts at work and schools

## Get Settled

- ☐ Explore neighborhood and locate essential services
- ☐ Meet neighbors and introduce family

- ☐ Find local grocery store, pharmacy, gas station
- ☐ Locate nearest hospital and urgent care
- ☐ Research local restaurants and services

## Final Tasks

- ☐ Leave reviews for moving company
  - ☐ Send thank you notes if friends helped with move
  - ☐ Update address on holiday card lists
  - ☐ Research local activities and events
  - ☐ Plan housewarming party once settled
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## Emergency Moving Day Kit

**Keep these items easily accessible:**

### Documents (Keep With You)

- ☐ Photo ID and driver's license
- ☐ Moving contracts and inventory lists
- ☐ Insurance policies
- ☐ Medical records and prescriptions
- ☐ School records for children
- ☐ Bank account information
- ☐ New home purchase/lease documents

### Survival Supplies

- ☐ First aid kit
- ☐ Flashlight and batteries
- ☐ Phone chargers
- ☐ Snacks and water bottles
- ☐ Paper towels and toilet paper
- ☐ Basic tools (screwdriver, hammer)
- ☐ Trash bags and cleaning supplies

### Comfort Items

- ☐ Change of clothes for each family member
- ☐ Toiletries and medications
- ☐ Comfort items for children (toys, blankets)

- ☐ Pet supplies (food, toys, leash)
  - ☐ Cash for tips and unexpected expenses
  - ☐ Coffee/tea and disposable cups
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# Budget Planning Worksheet

## Base Moving Costs

- Moving company quote: \$ \_\_\_\_\_
- Packing supplies: \$ \_\_\_\_\_
- Moving insurance: \$ \_\_\_\_\_
- Storage (if needed): \$ \_\_\_\_\_

## Additional Costs

- Tips for movers: \$ \_\_\_\_\_
- Cleaning services: \$ \_\_\_\_\_
- Utility deposits: \$ \_\_\_\_\_
- Travel expenses: \$ \_\_\_\_\_

## Buffer for Unexpected Costs (25-30%)

- Emergency fund: \$ \_\_\_\_\_

**Total Moving Budget: \$ \_\_\_\_\_**

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# Contact Information Sheet

**Moving Company:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**Moving Day Supervisor:** \_\_\_\_\_ **Truck Driver Cell:** \_\_\_\_\_

## New Utility Companies:

- Electric: \_\_\_\_\_
- Gas: \_\_\_\_\_
- Water: \_\_\_\_\_
- Internet/Cable: \_\_\_\_\_

## Important New Area Contacts:

- Police (non-emergency): \_\_\_\_\_
  - Fire Department: \_\_\_\_\_
  - Hospital: \_\_\_\_\_
  - Children's Schools: \_\_\_\_\_
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## Pro Tips for Success:

- Start planning early - 8 weeks minimum for summer moves
- Get everything in writing from your moving company
- Take photos of valuable items before packing
- Keep a 25-30% budget buffer for unexpected costs
- Stay hydrated and take breaks on moving day
- Remember: the cheapest quote often becomes the most expensive move

**For more moving resources and to get quotes:** Visit [LocalMovers.com](https://LocalMovers.com)

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*Checklist Updated: July 2025*