



8-Week Moving Checklist

Your complete guide to a stress-free move

<https://www.jaymoves.com/complete-moving-checklist/>

8 WEEKS BEFORE: Laying the Foundation

PLANNING & ORGANIZATION

- ☐ Create moving binder/folder for all documents
- ☐ Set moving date and create timeline
- ☐ Research moving companies (if hiring pros)
- ☐ Get 3+ in-home moving estimates

DECLUTTERING

- ☐ Go through each room: keep, donate/sell, toss
- ☐ Take photos of belongings for inventory
- ☐ Start selling valuable items you won't keep
- ☐ Schedule donation pickups

6-7 WEEKS BEFORE: Getting Organized

SUPPLIES & MATERIALS

- ☐ Order/buy moving boxes (see supply list)
- ☐ Get packing tape, bubble wrap, packing paper
- ☐ Buy permanent markers for labeling

Supply List for 2-Bedroom: 30-40 medium boxes, 20-30 large boxes, 10-15 small boxes, 10 wardrobe boxes, 200ft bubble wrap, 6 rolls tape

ADVANCE ARRANGEMENTS

- ☐ Book flights/travel (for long-distance moves)
- ☐ Research pet transportation options
- ☐ Arrange moving day childcare/pet care
- ☐ Visit and reserve storage unit (if needed)

SCHOOL & MEDICAL

- ☐ Notify current school of transfer (30 days notice)
- ☐ Start enrollment at new school
- ☐ Request medical records from doctors/dentists
- ☐ Request veterinary records

4 WEEKS BEFORE: Making It Official

MOVING ARRANGEMENTS

- ☐ Finalize moving company (get contract in writing)
- ☐ OR confirm truck rental reservation
- ☐ Confirm friends/family helpers are available

UTILITIES

- ☐ Schedule disconnection at current home (day after move)
- ☐ Schedule connection at new home (day before move)
- ☐ Transfer: Electric, Gas, Water, Trash
- ☐ Transfer: Internet, Cable/Streaming services

HOUSING

- ☐ Give landlord written notice (check lease terms)
- ☐ Schedule final walkthrough with landlord
- ☐ Take detailed photos of current home condition

START PACKING

- ☐ Pack seasonal items (holiday decorations)
- ☐ Pack rarely used items (good china, books)
- ☐ Label boxes with contents AND destination room
- ☐ Start numbered box inventory list

2-3 WEEKS BEFORE: The Momentum Phase

ADDRESS CHANGES

- ☐ Submit USPS mail forwarding online
- ☐ Update employer HR & direct deposit info
- ☐ Update all bank accounts
- ☐ Update credit cards
- ☐ Update insurance policies (auto, health, life)
- ☐ Update DMV registration & driver's license
- ☐ Update voter registration
- ☐ Update subscriptions & memberships
- ☐ Update professional licenses
- ☐ Update gym membership
- ☐ Update Amazon/online shopping addresses

INSURANCE & LEGAL

- ☐ Transfer homeowner's/renter's insurance
- ☐ Ensure coverage during move dates

CONTINUE PACKING

- ☐ Use up frozen/refrigerated foods
- ☐ Use/dispose of cleaning supplies & flammables
- ☐ Pack room by room systematically
- ☐ Keep donation items separate - don't pack them!

FINAL WEEK: Last-Minute Essentials

FINAL PACKING

- ☐ Pack everything except daily essentials
- ☐ Pack "first week" box for each person
- ☐ Pack cleaning supplies for move-out day
- ☐ Set aside moving day survival kit

Survival Kit: Snacks, water, phone chargers, toilet paper, hand soap, towels, basic tools, cash for tips, important documents, entertainment for kids

CONFIRMATIONS

- ☐ Call moving company - confirm time & details
- ☐ Confirm all helpers are still available
- ☐ Double-check utility transfers
- ☐ Service vehicle (if driving long distance)

APPLIANCES

- ☐ Defrost refrigerator (24 hours before)
- ☐ Drain washing machine
- ☐ Disconnect gas appliances (professional)
- ☐ Remove batteries from remotes

FINAL DETAILS

- ☐ Back up computer files
- ☐ Empty safety deposit box
- ☐ Return borrowed items
- ☐ Pick up dry cleaning
- ☐ Get cash for moving day tips

MOVING DAY

BEFORE MOVERS ARRIVE

- ☐ Do final walkthrough of every room/closet/garage
- ☐ Take photos of empty rooms
- ☐ Check attic, basement, storage areas
- ☐ Protect floors and walls in both homes

DURING THE MOVE

- ☐ Walk through home with movers
- ☐ Point out fragile/special items
- ☐ Keep inventory list handy
- ☐ Keep important items with you

BEFORE LEAVING

- ☐ Turn off all lights and appliances
- ☐ Set thermostat (50-85°F)
- ☐ Lock all windows
- ☐ Leave keys, garage openers, manuals as agreed
- ☐ Do final meter readings
- ☐ Leave forwarding address for landlord/new owners

Notes & Reminders:

Need help with your move?

Jay's Small Moves

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