

Making Your Move Less Stressful... A Checklist to Make Sure Things Get Done

- 1) Contact a moving company and tell them the dates you plan to move. Set up a date for a representative to come over and survey your goods. Unless you're given a binding estimate, the cost can vary, depending on the actual weight of items and any extra services.
- 2) Decide if you are going to pack for yourself or have the movers do it.
- 3) Transfer or resign from organizations and associations.
- 4) Collect suitable containers & packing materials if you plan to do the packing yourself.
- 5) Start to use up things that can't be moved, such as frozen foods, canned goods, and flammable household aerosol cleaners. Buy only what you will use before moving.
- 6) Prepare a list of friends, relatives, business firms, and other who need to be notified of your move.
- 7) Consider having a garage sale to dispose of unwanted clothes or furniture.
- 8) Assemble packing materials:
 - boxes
 - felt tip markers
 - large self-stick labels
 - newspapers
 - utility knife
 - packing tape
 - scissors
 - furniture pads
 - dolly
 - packing peanuts or bubble wrap.
- 9) Pack an "Instant Aid" box containing things you'll need upon arrival:
 - sponges
 - paper towels
 - paper plates
 - shelf liner
 - toothpaste
 - bath towels
 - light bulbs
 - hammer
 - trash bags
 - hand soap
 - toilet paper
 - scissors
 - utility knife
 - coffee cups
 - tea kettle
 - first-aid kit
 - snacks
 - pencil & paper
 - masking tape
 - powdered detergent

The above checklist is for informational purposes only & is not a substitute for legal, tax or other professional assistance.