



BOX LIFE
Moving Company

8-WEEK

Moving Checklist

Everything you need to do before, during, and after your move.



8 WEEKS BEFORE

- ☐ Decide on your moving date
- ☐ Create a moving budget
- ☐ Start researching moving companies (or book your mover)
- ☐ Begin decluttering (sell, donate, toss items you don't need)
- ☐ Start a moving folder (receipts, quotes, documents)



6-7 WEEKS BEFORE

- ☐ Book your moving company
- ☐ Start collecting packing supplies (boxes, tape, wrap)
- ☐ Notify landlord (if renting)
- ☐ Begin packing non-essential items (seasonal, storage items)
- ☐ Take inventory of valuables and fragile items



5 WEEKS BEFORE

- ☐ Order specialty boxes (TV boxes, wardrobe boxes, etc.)
- ☐ Measure furniture and doorways at new place
- ☐ Plan layout for your new home
- ☐ Start using up pantry and freezer items



4 WEEKS BEFORE

- ☐ Change your address with USPS
- ☐ Update billing address (bank, subscriptions, insurance, etc.)
- ☐ Schedule utility transfers:
 - Electric • Gas
 - Water • Internet
- ☐ Continue packing (label EVERYTHING clearly)



3 WEEKS BEFORE

- ☐ Confirm time off work (if needed)
- ☐ Arrange childcare or pet care for moving day
- ☐ Begin packing room-by-room
- ☐ Separate "essentials" you'll need right away



2 WEEKS BEFORE

- ☐ Confirm details with your moving company
- ☐ Pack most of your home (leave only daily essentials)
- ☐ Dispose of hazardous materials (paint, oil, chemicals)
- ☐ Confirm parking/logistics at both locations



1 WEEK BEFORE

- ☐ Pack an essentials box:
 - Toiletries • Clothes
 - Chargers • Important documents
- ☐ Clean out fridge and freezer
- ☐ Disassemble furniture (if needed)
- ☐ Confirm move time, addresses, and contact info



MOVING DAY

- ☐ Do a final walkthrough
- ☐ Take photos of items (especially valuable ones)
- ☐ Be present and available for movers
- ☐ Keep valuables and documents with you
- ☐ Double-check nothing is left behind



AFTER THE MOVE

- ☐ Unpack essentials first
- ☐ Check for any damage or missing items
- ☐ Set up utilities and internet
- ☐ Update driver's license/registration if needed
- ☐ Leave a review for your moving company