

# The Checklist for a Stress-Free Move

Brought to you by Soft Touch Moving Service, The Stress-Free Move Specialists

## 4 Weeks Before

- Request Quotes:** Contact local moving companies and truck rental companies for quotes (verify USDOT number for each to avoid scams). Determine whether you'll hire movers or move yourself.
  - Gather Boxes:** Estimate how many boxes you'll need & begin to borrow or purchase.
  - Clean Out:** Go through your possessions, creating piles to keep, donate or discard. The more you get rid of, the less you have to move!
  - Track Expenses:** If you're moving for work, your moving expenses are likely deductible. Start a virtual or physical folder to keep your receipts organized.
  - Check Doorways:** Take some quick measurements of the doorways at your new residence to be sure larger furniture will be able to pass through.
  - Consider Options:** Decide if you'll pack yourself or have your moving company handle the task. Request cost estimates or begin setting aside time for the project.
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## 3 Weeks Before

- Change Address:** Fill out the Change of Address form via the USPS Website.
  - Schedule Move:** Select a moving service or rental company and make arrangements for your moving day.
  - Begin Packing:** Begin your packing project or schedule your packers' arrival.
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## 2 Weeks Before

- Set Aside:** Separate valuables and important documents you'd prefer to move yourself, as well as liquids and plants your movers can't include with your cargo.
  - Notify Utilities:** Begin telling utility companies and services about your address change.
  - Cleaning Plan:** Arrange for a move-out cleaning service to come after the truck leaves, or set aside a box of cleaning supplies if you plan to do the cleaning yourself.
  - Eat to Empty:** Plan 2 weeks of meals that will remove the majority of the food from your fridge and freezer.
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## Moving Week

- Defrost Freezer:** Empty and defrost freezer.
  - Separate Items:** If some of your items are going to a storage unit or to a charity, separate them from the rest.
  - Drain Equipment:** Empty gas and oil from lawn equipment and drain water from garden hoses.
  - Pack Bags:** Use suitcases to pack items you'll need immediately before and after your move, and save room for them in your personal vehicle.
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## Moving Day

- Communicate Plans:** Let your movers or helpers know which items are moving where.
- Clean Up:** Do the final cleaning or work with your move-out cleaning service to ensure you leave your home ready for the next occupant.
- Leave Info:** Leave a note with your new address so the next residents will be able to forward mail.