

## STRESS-FREE MOVE-IN CHECKLIST

Use this checklist to help you stay organized as you prepare to move into your new home.

- Purge before packing by eliminating clutter and unnecessary items.
- Obtain moving estimates on the phone, in-home, or using Moves for Seniors online 2-way video survey precise records program.
- Itemize inventory of your furniture and belongings to determine what will be moving with you.
- Sort your items into five groups:
  - Keep     Donate     Throw Away
  - Storage     Give to Family
- Obtain a written appraisal of any antique items to verify value.
- If you need assistance with sorting, packing and rightsizing, Moves for Seniors can arrange a visit by a Senior Move Facilitator in your area.
- Make a list of friends and relatives who should be notified of your move.
- Make arrangements for all utilities including phone, internet, cable, water, garbage, gas and electric.
- Notify these services of change of address:
  - Bank                                     Insurance
  - Credit card companies     Social security
  - Vehicle registration     Tax bureaus
  - Organizations & Clubs     Pharmacy
- Obtain all needed medical, dental, and veterinary records.
- Keep all daily necessities nearby for quick access at all times.
- Pack a suitcase with items such as clothing, toiletries, medications, etc., for the first night in your new home.
- Label all of your boxes with the contents and the room it belongs in. Mark the top and one side of the box.
- Color-code or clearly label the different rooms of your home to save time when sorting boxes once you arrive.
- Clearly label which boxes should be unpacked first.
- Use FRAGILE labels for boxes containing delicate and breakable items — place one on top and two on the sides.
- Repack computers and electronics in their original boxes or use a box that's slightly larger than the component to allow room for extra packing materials.
- Label the wires, cords, and jacks of your components to make re-connecting your system quick and easy.
- Keep all of your important documents in one place so they are accessible during the transition.
- Confirm your moving date and any services needed.

**We are ready to help you make a smooth, stress-free transition into your new home.**

Moves for Seniors, the nationwide leader in Senior moving services, is ready to help you make a smooth transition into your new home. From downsizing, donating, disposal, storage, and moving, you can take advantage of our expertise to make sure your move into your new home is as stress free as possible. Our Senior Move Specialists will guide you along the

way and provide a comprehensive assessment of your needs and manage all moving logistics. Our experienced movers are licensed, vetted and fully insured for local or long distance moves. We also offer move financing for residents moving into senior housing communities to keep cash flow going and ensure a stress-free transition into their new home.

**Call: 1-800-220-7920 or Email: [holiday@movesforseniors.com](mailto:holiday@movesforseniors.com)  
[www.movesforseniors.com/holiday-retirement](http://www.movesforseniors.com/holiday-retirement)**