

INTERSTATE 495 MOVERS

MOVING CHECKLIST

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8 TO 2 WEEKS BEFORE YOUR MOVE

MOVING TIMELINE

What's First?

The weeks leading up to your move are for planning and getting organized to set yourself up for a successful move.

This is the time to book movers, declutter, and organize important documents and notifications.

START EARLY

8 WEEKS OUT

- [ ] **Begin decluttering** your home. Decide what to sell, donate, toss, or keep.
- [ ] **Reach out to movers** and start collecting quotes. Compare services and pricing.
- [ ] **Create a moving budget** to plan for costs like moving services, supplies, and storage.
- [ ] **Reserve your move date** as early as possible to secure availability and preferred timing.

PREPARE & PACK

4 WEEKS OUT

- [ ] **Start packing things you rarely use** like holiday décor, off-season clothes, or items in storage.
- [ ] **Transfer services** such as utilities and internet to your new address.
- [ ] **Update important contacts** including USPS, banks, insurance providers, schools, and doctors.
- [ ] **Continue donating, selling, or discarding** anything you don't plan to bring.

CONFIRM & CHECK

2 WEEKS OUT

- [ ] **Confirm all move details** with your movers, including arrival time, parking, and any special instructions.
- [ ] **Take time off from work** if needed for moving day or travel time.
- [ ] **Get your car serviced,** especially if you'll be driving long-distance to your new home.
- [ ] **Inspect your home** and make any final repairs, touch-ups, or fixes needed before your move-out date.

MOVING TIP: Create a "Moving Essentials" binder to keep important documents, receipts, quotes, and contacts in one place so you can easily access everything and stay organized. See page ___ for the full list.

THE FINAL WEEK BEFORE YOUR MOVE

MOVING TIMELINE

What's Next?

Now that movers are booked and nonessentials packed, it's time to prep your essentials and finalize utilities.

The final week is about tying up loose ends and making sure your new place is ready to move in.

"The best part is seeing the relief and excitement on someone's face when it's all done. That's exactly why we do what we do."

- Jacob Asbell, Relocation Consultant

FINAL PREP

1 WEEK OUT

- [ ] **Pack an essentials box** with items you'll need like toiletries, phone charger, etc.
- [ ] **Use this time to clean** your old space thoroughly, including emptying and defrosting the fridge.
- [ ] **Finish packing your non-essentials**, unless your movers are packing for you.

FINAL TOUCHES

2 DAYS OUT

- [ ] **Wash and pack** a load of laundry so you have clean clothes ready.
- [ ] **Arrange care** for pets or kids on moving day.
- [ ] **Confirm the mover details** like arrival time, where they can legally park, proper/accepted payment method(s), etc.

TIME TO MOVE

MOVING DAY!

- [ ] **Wake up early,** have your phone charged and documents handy.
- [ ] **Greet the movers,** walk them through the space, confirm what's being moved, and review the inventory list..
- [ ] **Before leaving,** do a complete walkthrough to ensure nothing's left behind, clean up if needed.

MOVING TIP: Snap photos of how your electronics are connected before unplugging them. It's the easiest way to skip the guessing game when reconnecting everything at your new home.

ABOUT





Intro

Moving comes with a hundred little tasks—and it's way too easy to forget one. Whether it's updating your address, booking movers, or packing the junk drawer you swore you'd get rid of, things can pile up fast.

Use this moving checklist to help you **stay ahead of the chaos**, **avoid last-minute stress**, and actually **enjoy the fresh start** that comes with a new place.

On The Move Since '09

With 495 Movers, residents and businesses alike are met with personalized care that is unique to their moving needs. Big, small, long-distance, or local, every move is treated with the same dedication and care as the next.

"We've done thousands of moves, and the one thing that always makes a difference? A solid checklist. It keeps the stress low and the move on track."

- Moti Kachlon, Owner

MOVES	**BBB RATING**
15K	**A+**
POSITIVE REVIEWS	**YEARS EXPERIENCE**
2K	**16+**
RETURN CUSTOMERS	**DELIVERY STATES**
5K	**48**

PACKING TIPS

Whether you are packing everything yourself or just prepping a few spaces before the movers arrive, tackling it room-by-room can help make the process more manageable and stay organized before you move.





Before You Start

01 Organize your boxes by room and priority so everything lands where it needs to go.

02 Pack books, dishes, and other dense items in small boxes to keep them easier to handle and reduce the risk of breakage.

03 Mark each box with its contents and which room it belongs to. This helps with both unloading and unpacking.

04 Avoid overfilling boxes, especially the large ones. If it's too heavy for you to lift comfortably, it's probably too heavy for us too.

2 BEDROOM

Boxes | 40
Paper | 200 Sheets
Tape | 6 Rolls
Stretch Wrap | 1000ft

3 BEDROOM

Boxes | 85
Paper | 500 Sheets
Tape | 12 Rolls
Stretch Wrap | 1000ft

4+ BEDROOM

Boxes | 125
Paper | 600 Sheets
Tape | 36 Rolls
Stretch Wrap | 2000ft

KITCHEN, BEDROOM, BATHROOM

Kitchen

01 Use plastic wrap for drawers. Wrap silverware trays in plastic and move them as-is.

02 Make sure small kitchen appliances are clean, dry, disassembled, and packed securely in sturdy boxes to prevent shifting.

03 Wrap utensils in sets. You can rubber band similar utensils together and wrap them in paper.

04 Stack dishes on their sides (like records) with bubble wrap or packing paper between each for less chance of breakage.

MOVING TIP: If you're packing yourself, mark each box with its contents and which room it belongs to. This helps speed up the process with both unloading and unpacking. Don't forget to mark boxes **FRAGILE** with any breakable items.

Bedroom

01 Leave clothes on their hangers and use wardrobe boxes or trash bags to group them.

02 Use an egg carton or pill organizer to separate small of jewelry pieces and secure it with tape or shirnk wrap.

03 Pack your shoes in original boxes or wrap in pairs with paper. Don't crush them under heavy items.

04 Use your bedding and linens to pad fragile boxes or place them in large plastic bags or bins.

Bathroom

01 Declutter first and toss old products and anything that's nearly empty.

02 Use towels to cushion fragile items or roll them tightly in a duffel bag.

03 Pack toiletries upright and put them in plastic bins with tight lids or zip-lock bags to prevent leaks.

LIVING ROOM, DINING ROOM, GARAGE

Living Room

01 Wrap artwork, frames, mirrors in bubble wrap. Mark them as FRAGILE – GLASS.

02 Wrap couches and chairs in plastic wrap or moving blankets. Don't forget to remove and pack cushions separately if needed.

03 Put all electronics accessories in a zip bag and label it. Better yet, tape it to the device.

04 Put your TVs & electronics in their original boxes if possible. Otherwise, wrap in moving blankets and use a flat-screen box or cardboard.

Dining Room

01 Soft items like tablecloths or placemats work great to cushion fragile goods.

02 Detach any removable table sections and wrap in moving blankets and cardboard to avoid scratches.

03 Use specialty wine boxes or wrap each bottle in bubble wrap and pack upright in sturdy boxes with dividers.

04 Centerpieces, vases, and candle holders should be individually wrapped and packed snugly to prevent shifting.

Garage

01 Wrap sharp tools in towels or moving blankets and secure them with tape

02 Drain fuel from equipment. Lawn mowers, trimmers, etc. must be empty for transport.

03 Don't pack hazardous materials. Paint, propane, and chemicals shouldn't go on the moving truck. Dispose properly.

QUESTIONS? Whether you're not sure how to pack something, need advice on what to do next, or just want to talk through your plan, our team is happy to help. Give us a call at **888.495.4951**

MOVING ESSENTIALS

Take control of your move by prepping the right things first. This section breaks down the must-pack items and important contacts to keep on your radar.

92%

of people say that they've faced challenges during their move.

48%

of people say the stress of moving is the most common challenge.

40%

of people say organizing is the most challenging part of the move.

Data includes responses from 1,000 Americans who moved in 2024. Source: Anytime Estimate Moving Trends Survey, December 2024

Why it Matters

Moving is more than just packing and unpacking, it's a major source of stress for most people.

The biggest challenges often come from feeling unprepared and juggling countless details.

"I've helped hundreds of people move, and the ones who take time to prep and plan ahead of time always have a smoother experience."

- Kira Kingsley, Quality Assurance Director

FIRST NIGHT ESSENTIALS

Whether you are packing everything yourself or just prepping a few spaces before the movers arrive, tackling it room-by-room can help make the process more manageable and stay organized.

Toiletries

- [ ] Toothbrush + toothpaste
- [ ] Face wash / cleanser
- [ ] Deodorant
- [ ] Shampoo + conditioner
- [ ] Soap or body wash
- [ ] Razor & shaving cream (if needed)
- [ ] Feminine hygiene products
- [ ] Contacts + solution or glasses
- [ ] Medications
- [ ] Towel + washcloth

Clothing

- [ ] Pajamas
- [ ] Undergarments & socks
- [ ] Comfortable outfit for the next day
- [ ] Weather-appropriate extras

Sleep

- [ ] Pillow (if preferred)
- [ ] Blanket or light throw
- [ ] Air mattress or sleeping bag
- [ ] Earplugs or sleep mask (optional)

Snacks & Kitchen

- [ ] Water bottles
- [ ] Light snacks
- [ ] Plates, napkins, plastic utensils
- [ ] Coffee or instant packs

Documents

- [ ] Wallet, ID, credit/debit cards
- [ ] Lease or home documents
- [ ] Moving contract or estimate
- [ ] Keys (new home + storage if needed)

WHO TO NOTIFY

Notifying the right people before your move helps keep your mail, bills, and services on track. Use this checklist to make sure nothing important gets missed.

Personal Records & Finances

- [ ] USPS (Set up your forwarding address)
- [ ] DMV (Update your driver's license and vehicle registration)
- [ ] Voter Registration
- [ ] Bank or Credit Union
- [ ] Financial Advisor

Healthcare & Insurance

- [ ] Primary care physician and dentist
- [ ] Pharmacy
- [ ] Insurance providers
- [ ] Pet vet

Work & School

- [ ] Your employer
- [ ] Children's school or daycare
- [ ] School transportation office
- [ ] New school/district office

Utilities & Services

- [ ] Electricity, gas, and water providers
- [ ] Trash/recycling services
- [ ] Internet or phone providers
- [ ] Home security companies

Other

- [ ] Gym membership
- [ ] Local subscriptions

ESSENTIAL MOVE DOCS

Some paperwork is just too important to lose track of (IDs, lease agreements, or medical records.) Keep these documents together and within reach so nothing gets lost in the midst of your move.

Personal & Financial Documents

- [ ] ID/passports
- [ ] Social Security cards
- [ ] Birth certificates
- [ ] Marriage certificate/divorce papers
- [ ] Wills or power of attorney
- [ ] Financial account info
- [ ] Insurance policies

Move-Related Paperwork

- [ ] Signed moving contract/estimate
- [ ] Inventory list of packed items
- [ ] Receipts for moving expenses
- [ ] Floor plan of your new home
- [ ] Lease or closing documents
- [ ] Storage unit agreement (if applicable)

Family & Pet Info

- [ ] Medical records
- [ ] School records or IEPs for kids
- [ ] Vet records & vaccination history





COMMON FAQS

How far in advance should I schedule my move?

Ideally, scheduling your move three months in advance is recommended. This gives you more time to plan, secure your move date, and prepare. Early booking is essential during the peak moving season in the summer.

Can weather affect my move?

While extreme weather may affect your move, we still operate under most weather conditions.

What items should I not pack or move myself?

Avoid packing hazardous materials (flammable liquids, paint), perishable food, plants, and valuable or irreplaceable items like jewelry or important documents — keep these with you.

What insurance options are available for my move?

Basic valuation coverage is usually included, but it often has limits. Full-value protection or third-party insurance can provide more comprehensive coverage.

When should I cancel or transfer utilities?

Schedule utility shut-off or transfer at your current home the day after your move-out and set up new service the day before you move in to avoid gaps.