

MOVING GUIDE AND CHECKLIST

Moving can be stressful. With all the work that is involved with packing up your belongings, it's easy to forget details and important changes you need to make when relocating homes. We're here to help with some useful tips to make your move easy, efficient and stress-free.



PRE-MOVE PREP

- Clean up. The best thing to do prior to your move is to purge. A thorough cleaning of your home will not only declutter your thoughts, but will also help make moving easier.
- Schedule your mail to be forwarded to your new address with Canada Post.
- Make a documentation list. Start the process of informing agencies of your change of address. (Ex. banks, insurance providers, credit card agencies, license and health card offices, schools, doctors, etc.)
- Cancel subscriptions and memberships (Ex. magazines, newspapers, food deliveries, gym.)
- Set a date to disconnect service utilities and arrange re-connection to your new residence. (Ex. Two weeks before move.)
- Research and schedule movers. Assess the help you need and ensure you read movers' contracts carefully. Also, purchase moving insurance.

INVENTORY/BUDGET LIST

- Take inventory of your belongings and note items that are fragile.
- Make a list of tools and supplies you will need for your move to help you organize the process.
- Create a budget document to calculate and estimate your moving costs (tools, supplies, gas, rentals, and movers).

























PACKING

- Begin packing about one month before your move.
- Use moving boxes. They are designed for packing and enduring the rigours of moving.
- Use packing paper and bubble wrap to keep items safe and separated.
- Pack room-by-room. Focus on one area of a room at a time and don't mix items from different rooms in one box.
- Label each box clearly. Title it by room and include a few points of what is inside.
- Don't pack heirlooms or important papers in boxes. Keep them separate and transport them personally.

MOVING WEEK

- Confirm movers and/or moving truck rentals.
- Pack a suitcase for you and your family members so you have clothing and essentials you need while you settle in.
- Create an inventory sheet of all your valuables before they go on the moving truck (if using).
- Mark moving boxes that are fragile and set them aside in their own pile.
- Do a final walkthrough of your home to make sure you haven't missed any items.

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TYPE OF SPACE	SUGGESTED AMOUNT OF CANADIAN TIRE MOVING SUPPLIES*				TRUCK SIZE
Dorm or 1 Bedroom Apartment	 2 Rolls of Tape	 8 Small Boxes	 2 Medium Boxes	 6 Large Boxes	 12 ft. Truck = up to 450 cu. ft.
2 Bedroom Apartment	 3 Rolls of Tape	 10 Small Boxes	 6 Medium Boxes	 11 Large Boxes	 16 ft. truck = up to 826 cu. ft.
2-3 Bedroom Home	 4 Rolls of Tape	 18 Small Boxes	 12 Medium Boxes	 21 Large Boxes	 22 ft. truck = up to 1,200 cu. ft.
4+ Bedroom Home	 6 Rolls of Tape	 25 Small Boxes	 18 Medium Boxes	 35 Large Boxes	 26 ft. truck = up to 1,400 cu. ft.
    OTHER SUPPLIES: Tape Gun • Bubble Wrap • Markers • Box Cutters					

***DISCLAIMER:**

Guide should be used for reference only. Moving supply recommendations are assumptions based on the average home or space. Truck size recommendations are based on an estimated 150 cu. ft. of truck space for each fully furnished room.

MOVING SUPPLIES SHOPPING LIST

Packing Boxes

<input checked="" type="checkbox"/> Qty	Item	Department
<input type="checkbox"/> ___	Small Boxes	Moving Boxes
<input type="checkbox"/> ___	Medium Boxes	Moving Boxes
<input type="checkbox"/> ___	Large Boxes	Moving Boxes

Tools & Supplies

<input type="checkbox"/> ___	Bubble Wrap	Packing Supplies
<input type="checkbox"/> ___	Stretch Wrap	Packing Supplies
<input type="checkbox"/> ___	Packing Paper	Packing Supplies
<input type="checkbox"/> ___	Tape Guns & Tape	Packing Supplies
<input type="checkbox"/> ___	Utility Knife	Packing Supplies
<input type="checkbox"/> ___	Moving Blanket	Packing Supplies
<input type="checkbox"/> ___	Pens, Pencils & Markers	Packing Supplies
<input type="checkbox"/> ___	Dolly Cart	Tools & Hardware
<input type="checkbox"/> ___	Rope	Tools & Hardware

Cleaning Products

<input checked="" type="checkbox"/> Qty	Item	Department
<input type="checkbox"/> ___	Disposable Gloves	Cleaning Supplies
<input type="checkbox"/> ___	Multi-Use Cleaner	Cleaning Supplies
<input type="checkbox"/> ___	Outdoor Cleaners	Cleaning Supplies
<input type="checkbox"/> ___	Sponges	Cleaning Supplies
<input type="checkbox"/> ___	Paper Towel	Cleaning Supplies
<input type="checkbox"/> ___	Mop	Cleaning Supplies
<input type="checkbox"/> ___	Broom	Cleaning Supplies
<input type="checkbox"/> ___	Dust Pan	Cleaning Supplies
<input type="checkbox"/> ___	Vacuum	Vacuums & Floor Care
<input type="checkbox"/> ___	Trash Bags & Bins	Garbage Bags & Bins

Organizing & Set-Up

<input type="checkbox"/> ___	Storage Bins	Storage & Organization
<input type="checkbox"/> ___	Hangers	Laundry Room
<input type="checkbox"/> ___	Closet Organizers	Closet organization
<input type="checkbox"/> ___	Light Bulbs	Household lighting
<input type="checkbox"/> ___	Tool Box	Moving Supplies
<input type="checkbox"/> ___	Picture Hanging Kits	Tools & Hardware