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).

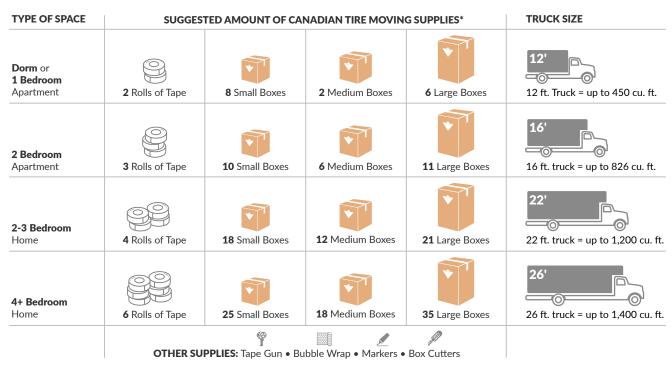
PACKING

- 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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*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

Cleaning Products

Packing Boxes	
🕑 Qty Item	Department
Small Boxes	Moving Boxes
O Medium Boxes	Moving Boxes
C Large Boxes	Moving Boxes

Tools & Supplies

0	Bubble Wrap	Packing Supplies
0	Stretch Wrap	Packing Supplies
0	Packing Paper	Packing Supplies
0	Tape Guns & Tape	Packing Supplies
0	Utility Knife	Packing Supplies
0	Moving Blanket	Packing Supplies
\bigcirc	Pens, Pencils & Markers	Packing Supplies
0	Dolly Cart	Tools & Hardware
0	Rope	Tools & Hardware

🕑 Qty Item	Department
O Disposable Gloves	Cleaning Supplies
O Multi-Use Cleaner	Cleaning Supplies
Outdoor Cleaners	Cleaning Supplies
O Sponges	Cleaning Supplies
O Paper Towel	Cleaning Supplies
О Мор	Cleaning Supplies
O Broom	Cleaning Supplies
O Dust Pan	Cleaning Supplies
O Vacuum	Vacuums & Floor Care
O Trash Bags & Bins	Garbage Bags & Bins

Organizing & Set-Up

Storage Bins	Storage & Organization
O Hangers	Laundry Room
Closet Organizers	Closet organization
C Light Bulbs	Household lighting
	Moving Supplies
O Picture Hanging Kits	Tools & Hardware