



The 8-Week Moving Checklist

Week by week, box by box

General moving information, not legal advice. Check a mover's registration before you hire.
We are not a moving company or broker and never share your details with movers.
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Week by week

Less than eight weeks? Start where you are and double up.

8 weeks out	Done
☐ Set a moving budget	
☐ Decide: hire movers, rent a truck, or use a container	
☐ Ask at least three movers for estimates	
☐ Start a moving folder for quotes, receipts and contracts	
☐ Declutter: sell, donate or toss what you won't move	
6 weeks out	Done
☐ Check your chosen mover's registration and reviews, then book	
☐ Order boxes and supplies	
☐ Ask schools and doctors to transfer records	
☐ Book time off work for moving day	
4 weeks out	Done
☐ Start packing rooms you use least	
☐ Submit your change of address with USPS	
☐ Schedule utility shutoff at the old home and setup at the new one	
☐ Arrange elevator or parking reservations if needed	

Week by week, continued

2 weeks out	Done
☐ Confirm the mover: date, time, address details and estimate	
☐ Use up food in the freezer and pantry	
☐ Plan for pets and kids on moving day	
☐ Pack most rooms; label every box with room and contents	

Moving week	Done
☐ Pack a first-night box for each person	
☐ Defrost the freezer the day before	
☐ Take photos of valuables and meter readings	
☐ Walk through the inventory with the movers and keep a copy	

First week in the new home	Done
☐ Check for damage and file any claim quickly	
☐ Change or rekey the locks	
☐ Find the water shutoff and electrical panel	
☐ Test smoke and CO alarms	
☐ Update your driver's license and vehicle registration on your state's timeline	

Interstate move? Confirm the mover's USDOT number on FMCSA's Protect Your Move pages before paying a deposit.

Mover estimate comparison

Get estimates after an in-home or live video survey. Circle anything missing.

	Mover A	Mover B	Mover C
Company name and phone			
USDOT / MC # (checked?)			
Mover or broker?			
Survey: in person or video			
Estimate type (binding / non-binding)			
Estimated weight or volume			
Total estimate			
Extra charges (stairs, long carry, shuttle)			
Valuation option and cost			
Deposit required			
Pickup window			
Delivery window			
Complaints / reviews			

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Number every box. Write the room and a few words about what's inside.

[illegible]

Change-of-address list

Who	Date done
☐ USPS change of address (usps.com only)	
☐ Employer and payroll	
☐ Banks and credit cards	
☐ Loans and mortgage servicer	
☐ Auto insurance	
☐ Home or renters insurance	
☐ Health insurance	
☐ IRS (Form 8822 or next return)	
☐ Social Security (if receiving benefits)	
☐ DMV: driver's license	
☐ DMV: vehicle registration	
☐ Voter registration	
☐ Doctors, dentist, pharmacy	
☐ Schools	
☐ Retirement and investment accounts	
☐ Subscriptions and online shopping	
☐ Friends and family	

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