

Checklist: A Stress-Free Move

Moving is exciting, with a new apartment or home just waiting for new memories to be made. However, it can certainly be stressful, especially as you get older and have accumulated more. The secret to an anxiety-free move? Starting early...like two whole months early. This checklist breaks it down into manageable steps so moving day will be (almost) a breeze.

8 Weeks Before Moving

Step 1

Determine logistics.

Figure out who's doing the packing and moving – you or a professional moving company.

Tip: Consider a combination, where you pack, and a company transports your boxes.

Step 2

Start downsizing.

Take a hard look at what furniture actually belongs in your new space. The movers' estimate is based on everything you currently have so remove any excess.

Tip: You don't have to declutter every cabinet but focus on the significant items that won't make the move.

Step 3

Find a mover, if desired.

Get several estimates and ensure an accurate quote by having them walk through your home or do a virtual walk-through, rather than estimating based on number of rooms.

Tip: Get everything in writing, including a confirmation they are free the day(s) you need them.

Step 4

Schedule a truck.

If you're not hiring a mover, make reservations now so the size of truck you need will be available.

Tip: This can be especially important during heavy moving periods, like the beginning of the month and the summer.

Step 5

Start organizing your moving-related documents.

From the estimate to the truck confirmation to all the documents associated with the new home, you want them at your fingertips.

Tip: This is the ideal time to look into the Trustworthy Family Operating System®, a secure, easily accessible platform that will give you peace of mind your documents are available when you need them.

8 Weeks Before Moving

Step 1

Inventory your items.

Make a list of everything you're moving and its estimated value. While you'll need a hard copy for your homeowner's insurance, shooting a video is a great idea, too.

Tip: Going room by room will make this task more manageable, and then you can upload the results to Trustworthy.

Step 2

Request records.

Request necessary files from places like your kids' schools, healthcare providers, and your veterinarian.

Tip: Upload them to Trustworthy so you're not hunting through file boxes in a panic at the very moment you need to enroll your kids in a new school or seek medical care for yourself or your pet.

Step 3

Pre-plan whom to notify of your address change.

Gather the websites or phone numbers of every institution and organization you'll need to alert to your new address, from utilities to financial institutions to print subscriptions.

Tip: Now is the perfect time to start updating records in the Family Operating System® so all this crucial information (including vital contacts like doctors, insurers, and service providers) is readily available.

4 Weeks Before Moving

Step 1

Start packing.

Packing is time-intensive so box up non-essentials, like books, home decor, and seasonal clothing.

Tip: This will also make your house and closets look less cluttered, which is appealing to potential buyers.

Step 2

Get acquainted with your new neighborhood.

Research healthcare providers, workout facilities, pet services, kids' activities, and whatever else you'll need to feel settled.

Tip: Register for key services in advance so upon arrival your kids will be assigned to a team and you'll be able to destress at a yoga class.

Step 3

Schedule professional repairs, services, and installations.

Get on the calendar of the carpet cleaner, handyperson, landscaper, or any other service you need.

Tip: Ask your real estate agent for tips on reliable service providers.

2 Weeks Before Moving

Step 1

Alert your work and your kids' schools.

Make sure you've requested ample time off for your move and that your kids' teachers are aware of the disruption.

Tip: If you're going to be enrolling in a new school, contact the principal so your children can start immediately.

Step 2

Get your car serviced.

If you'll be making a long road trip, have a mechanic top off your fluids and check your brakes and other systems.

Tip: If you're moving to a different climate, request weather-appropriate updates.

Step 3

Clean out your safe deposit box.

Do you still have important papers at your local bank? Empty the safe deposit box and make plans for how to keep these valuable items secure throughout the move.

Tip: If any of the valuables are papers, add them to the Trustworthy Family Operating System®.

Step 4

Make your address change official.

Aren't you glad you got that list together? Contact them all and make your new address official.

Tip: Store confirmations in the Trustworthy Family Operating System® to refer to if any expected correspondence goes missing.

Step 5

Measure and plan.

The move will be a lot less chaotic if you have a rough idea of where everything will go in the new space. Get room measurements from your real estate agent or home builder.

Tip: Assign each room a number and label your boxes accordingly so the movers can leave items where they belong.

Step 6

Set up your new internet and utilities.

Check with your new provider and schedule any required service appointments.

Tip: Update the account with your information and remember to cancel your own service so you aren't billed for the new tenant's utilities.

The Week of Moving

Step 1

Back up your important documents.

Moving is chaotic and you don't want key documents stowed in a random box. Also upload all sensitive documents to Trustworthy in case something gets misplaced.

Tip: Keep irreplaceable documents like passports, car titles, Social Security cards, and marriage licenses in a backpack that you take with you, rather than trusting the moving van.

Step 2

Pack for the move.

If you're moving cross-country, pack enough clothing, prescription medicine, and toiletries for the planned days, plus extra in case of delays. Don't forget comfort objects, like your toddler's favorite stuffed animals, and anything else a family member can't live without.

Tip: Carefully label these boxes or suitcases so they don't inadvertently get put on the moving truck.

Step 3

Take care of all your last-minute local details, like canceling memberships, refilling prescriptions, and setting up utilities.

Tip: Collect all cancellations in writing and upload a copy to Trustworthy.

Day of Moving

Step 1

Get an early start.

It's easy to push everything off "until the last minute." Well, it's here and packing the truck or storage container will probably take longer than you think.

Tip: If possible, arrange for your kids and pets to be somewhere more fun and less stressful.

Step 2

Verify your movers.

Believe it or not, scams happen. Request proof that matches the documents you have on hand so your belongings don't drive off without you.

Tip: Before they start, tour them through the house and point out anything that's staying.

Step 3

Do a final walk-through.

Once everything is out, go from room to room, checking every drawer, cabinet, and closet. Check for trash or visible dirt.

Tip: Hiring a professional cleaning service will give you one less thing to worry about, and one less potential complaint from the new buyer or tenant.

Step 4

Verify you have all your important papers before you leave.

If you've set aside hard copies of sensitive documents and valuables from your safe deposit box, triple check you have them with you.

Tip: It's best to be the one in charge as you go between your old house and new abode so you aren't stuck looking at your partner, thinking they had them.

Step 5

Confirm the movers have completed their job.

When the movers are done, review the moving paperwork before signing. Check to see all the boxes and furniture are there and that they've assembled everything as requested. Don't sign until you are certain. As you unpack, if you notice anything broken, scratched, or missing, notify the movers right away.

Tip: Upload the papers to Trustworthy immediately so you don't have to worry about misplacing them among the chaos.

Step 6

Relax and enjoy.

You did it! Enjoy the moment rather than rushing to unpack.

Tip: Take photos of the family in the new home as keepsakes you'll treasure forever.