

Your 30-Day Moving Checklist

A practical, printable plan - including what to pack and when.



You do not have to pack your whole house at once. Start with the things you use least, then work toward everyday essentials as moving day gets closer.

30-21 DAYS BEFORE

- ☐ Book your moving company and confirm your preferred moving date.
- ☐ Share your current address, new address, home size, stairs/elevators, and any long carries.
- ☐ Tell your movers about large, fragile, oversized, or specialty items.
- ☐ Decide whether you need packing, storage, cleaning, or other additional services.
- ☐ Start transferring utilities and internet service for your new home.
- ☐ Submit your USPS change of address.
- ☐ Start a list of every account or organization that needs your new address.
- ☐ Begin donating, selling, recycling, or discarding things you do not want to move.



PACKING FOCUS

Low-use items

- Seasonal decor, holiday items, collectibles, keepsakes, and rarely used decor.
- Books, extra linens, guest-room items, off-season clothing, and hobby supplies.
- Wall art and decorative pieces you will not miss for the next few weeks.

20-14 DAYS BEFORE

- ☐ Update your address with banks, insurance providers, employer, doctors, subscriptions, and memberships.
- ☐ Request school, medical, dental, or other important records if you are changing providers.
- ☐ Set aside important documents so they stay with you during the move.
- ☐ Continue decluttering room by room.
- ☐ Gather boxes, tape, markers, packing paper, bubble wrap, and labels.



PACKING FOCUS

Things you can live without for 2 weeks

- Extra dishes, serving pieces, small appliances, pantry extras, and specialty cookware.
- Most decor, extra towels, extra bedding, toys that are not daily favorites, and spare office supplies.
- Garage, attic, basement, and storage-area items you will not need before moving day.

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Pack in layers so your home stays functional as long as possible.



13-7 DAYS BEFORE

- ☐ Confirm any cleaning, storage, packing, or specialty-service appointments.
- ☐ Ask your moving company which items they cannot transport.
- ☐ Make a list of anything that may need extra care, equipment, or disassembly.
- ☐ Label every box with the room it belongs in and a quick note about what is inside.
- ☐ Keep important phone numbers, confirmation emails, addresses, and access instructions together.



PACKING FOCUS

Most of the house

- Most clothing and shoes - leave out only what you need for the final week.
- Most kitchen items - keep one simple set of dishes, cookware, and daily-use appliances available.
- Kids' extra toys and books, nonessential electronics, office items, and most bathroom backups.
- Most pictures, lamps, decor, and anything you do not need to keep the house functional.

THE FINAL WEEK

- ☐ Confirm closing dates, lease dates, key pickup, and final walkthroughs.
- ☐ Reserve elevators, loading docks, parking, or building access if needed.
- ☐ Confirm gate codes, building rules, security deposits, or proof-of-insurance requirements.
- ☐ Confirm your movers' arrival window and make sure the inventory is still accurate.
- ☐ Prepare a clearly marked essentials box or bag for your first night.



PACKING FOCUS

Final-week packing

- Pack almost everything except daily clothing, toiletries, medications, chargers, and basic kitchen items.
- Set aside cleaning supplies you will use after the house is mostly empty.
- Pack a first-night box with toilet paper, towels, bedding, basic dishes, snacks, coffee, chargers, and simple tools.
- Pack a separate bag for each family member with clothes and personal essentials for 1-2 days.

1-2 DAYS BEFORE

- ☐ Finish the last boxes and clearly label anything the movers should not take.
- ☐ Defrost and empty the refrigerator/freezer if needed for your move.
- ☐ Dispose of or separately transport hazardous, flammable, or restricted items.
- ☐ Charge phones and essential electronics.
- ☐ Keep keys, documents, medications, valuables, wallets, and moving-day paperwork together.

Moving Day + First Night

Keep the things you will need immediately with you - not buried in the truck.



PACKING FOCUS

Do not pack on the moving truck

- IDs, passports, closing documents, leases, insurance information, and other important paperwork.
- Prescription medications, medical devices, valuables, jewelry, cash, and irreplaceable items.
- Phones, laptops, chargers, keys, wallets, and anything you may need during the drive.
- A change of clothes, basic toiletries, snacks, water, and anything children or pets will need right away.

MOVING DAY

- ☐ Walk through the home with the crew and point out anything needing special attention.
- ☐ Keep your essentials bags and important items somewhere the moving crew will not accidentally load.
- ☐ Check closets, cabinets, attic spaces, garage, and outdoor areas before leaving.
- ☐ Do a final walkthrough and confirm nothing was left behind.
- ☐ Keep utilities on long enough to finish cleaning and your final walkthrough if needed.

FIRST NIGHT IN YOUR NEW HOME

- ☐ Make the beds before unpacking everything else.
- ☐ Set up bathroom basics and locate towels, toilet paper, and toiletries.
- ☐ Plug in chargers and connect the most important electronics.
- ☐ Unpack only what you need for the evening and the next morning.
- ☐ Give yourself permission to leave the rest of the boxes for tomorrow.

Need help making moving day easier?

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