



MOVING TIPS FROM SPAREFOOT

The SpareFoot moving checklist





MOVING TIPS FROM SPAREFOOT

The SpareFoot moving checklist



Use this easy-to-follow moving checklist to get everything taken care of before the big day.

Eight weeks before your move:

- Make a room-by-room inventory of your home. Note and photograph any existing damage to your furniture, so you know who's responsible for what on delivery day.
- Start getting rid of items you don't plan on taking to your new home.
 - Sell or donate to your friends
 - Hold a garage sale
 - Sell items online (Craigslist, Facebook, eBay, etc.)
 - Donate to charities
- Once you have an accurate estimate of your belongings, start exploring moving companies and getting quotes from movers.
- Protect yourself from moving scams and frauds. Educate yourself on your rights and responsibilities before hiring a mover. Here are some resources to help you:
 - [USDOT Protect Your Move website](#)
 - [How to Avoid the 7 Most Common Moving Scams](#)
- If you haven't already, find a real estate agent to make finding a home in your new location easier.

Six weeks before your move:

- Select your moving company or [book your rental truck](#) and begin finalizing the details of your move.
- Order moving supplies and boxes. [Get free shipping on all moving supplies and kits when you order online with SpareFoot](#). You may need:
 - boxes
 - moving / packing tape
 - bubble wrap
 - mattress pads
 - moving blankets
 - moving labels
 - foam / packing peanuts
- Hire a cleaning company for the week of your move.

Four weeks before your move:



MOVING TIPS FROM SPAREFOOT

The SpareFoot moving checklist



- Notify your child's current school of your move and contact your new school district for enrollment information. Transfer transcripts and/or school records as needed.
- Notify the following service providers of your move and ask for recommendations for service providers in your new community:
 - City/County tax assessor
 - State vehicle registration
 - Social security administration
 - State/Federal tax bureau (IRS)
 - Banks
 - Insurance providers
 - Accountant
 - Attorney
 - Doctor
 - Dentist
 - Optometrist
 - Health specialists
 - Auto company
 - Banking/Finance companies
 - Credit card companies
 - Exterminator
 - Health club/Gym
 - Home care service providers
- Begin packing and labeling boxes. Remember to pack a separate box for your valuables.

Three weeks before your move:

- If you're using a moving company, remember to discard aerosols, flammables, ammunition, and/or bottled gas. Be sure to check with your moving company for other prohibited items.
- If you're moving during the week, notify your work that you'll be taking a day or two off for moving day.
- Avoid the last-minute pile of trash on the curb—start throwing away anything that can't be donated, sold, or gifted.
- If you plan on driving to your new home, get your vehicle tuned up before making any long cross-country drives.
- Make arrangements to rent a storage unit, if necessary. [You can quickly compare storage options in your area by visiting SpareFoot.com.](#)



MOVING TIPS FROM SPAREFOOT

The SpareFoot moving checklist



Two weeks before your move:

- Confirm start and stop utility service at your new and old addresses for the following:
 - Electric
 - Water
 - Gas
 - Telephone
 - Cell phone
 - Cable/satellite and internet
 - Sewer
 - Trash collection
- If you're switching banks, remember to clean out your safety deposit box.
- Make sure you have cash on hand for tips and moving day emergencies.
- Confirm moving and transportation arrangements with your moving company.
- Are you moving with pets? Make travel or boarding arrangements for moving day.
- If you're moving to a different state, check health regulations for any vaccinations your pet may need.

One week before your move:

- [Change your address online with the USPS®](#).
- Plan your meals for the rest of the week. Begin getting rid of food you won't be able to finish.
- Finish packing everything at least three days before moving day.
- Give your new address and contact information to neighbors and landlords.

The night before your move:

- Clean out your refrigerator, throw out any leftover food, and defrost your freezer.
- Pack a bag of essentials for moving day and your first night, including a change of clothes, toiletries, napkins and towels, soap, shower curtains, important documents, and electronic devices.

Moving day:

- Accompany your movers through the house as they inventory your items.
- Leave your contact information for the new residents.
- Do a final walkthrough of the home after movers have finished.