

## **Making Your Move Less Stressful**

### **Things to do after deciding to move:**

- Contact a moving company and tell them dates you plan to move. Set up a date for an agent to come and survey your goods. Unless you're given a binding estimate, the cost can vary depending on the actual weight of items and any extra services.
- Decide if you are going to pack yourself or have the movers pack for you.
- Transfer or resign from organizations and associations.
- Collect suitable containers & packing materials if you plan to do the packing yourself.
- Start to use up things that can't be moved, such as frozen foods, canned goods, and flammable household aerosol cleaners. Buy only what you'll use before moving.
- Prepare a list of friends, relatives, business firms, and others who need to be notified of your move.
- Consider having a garage sale to dispose of unwanted clothes or furniture.
- Assemble packing materials: boxes, felt-tip markers, labels, newspapers, utility knife, packing peanuts or bubble wrap, packing tape, furniture pads, dolly, scissors.
- Pack an "Instant Aid" box containing things you'll need upon arrival: sponges, paper towels, powdered detergent, paper plates, toothpaste, light bulbs, hammer, trash bags, hand soap, toilet paper, scissors, utility knife, cups, first-aid kit, snacks, pencils and paper, tape, bath towels, etc.

### **Things to do 30-60 days before the move:**

- Establish credit in your new city. Arrange for a transfer of bank account funds and the contents of your safety deposit box.
- Check personal insurance policies to see whether moving is covered. Transfer fire, theft, and other personal property insurance to ensure coverage at your new home.
- Gather information on prescriptions. Get current phone numbers and addresses of your doctor and dentist.
- Arrange to transfer school records and secure transcripts from the local school district you are leaving. Get copies of your records from doctors, dentists, accountants, etc.
- Plan to cancel all utilities.
- Alert the post office of your move.
- Take your car in to have it serviced for the upcoming road trip.
- Transfer all prescriptions to your new pharmacy.
- Have rugs and draperies cleaned and keep them in bags until the movers arrive.
- Take pets to the veterinarian. Most states require health certificates and rabies inoculations for licenses.

### **Moving Checklist for Kids:**

- Be sure to research the local children's attractions in your new destination.
- Research the ages of children nearby.
- Assist in getting the kids' rooms set up first.
- Rent movies, keep books or craft items on hand to keep children occupied as you begin to get moved into your new home.
- Have snacks and drinks available on moving day.
- If the children are young, a babysitter may help you by watching the children while you move into your new home.
- Have a change of clothes easily accessible for the children.
- Keep medications accessible to you.