



8-Week Moving Checklist

A week-by-week plan that keeps moving day calm. Check items off right in the PDF or on paper.

8 weeks out

- ☐ Pick your move date and confirm it with your landlord, lender or buyer.
- ☐ Get 2–3 written quotes. Confirm each mover's USDOT number on the [FMCSA mover search](#).
- ☐ Ask whether the price is binding and what valuation (protection) level is included.
- ☐ Start a folder (paper or digital) for quotes, receipts and contracts.
- ☐ Walk each room and decide: keep, sell, donate, toss.

6 weeks out

- ☐ Book your mover and get the agreement in writing.
- ☐ Order or collect boxes, tape, paper and markers.
- ☐ Schedule donation pickups and list items to sell.
- ☐ Request school and medical records if you are changing providers.
- ☐ Measure large furniture and doorways at the new home.

4 weeks out

- ☐ Start packing rooms you use least (guest room, garage, storage).
- ☐ Submit a change of address with USPS.
- ☐ Schedule utility shutoff (old home) and setup (new home).
- ☐ Reserve elevators or parking at either building if needed.
- ☐ Arrange cleaning for move-out and move-in.

2 weeks out

- ☐ Confirm your move date, arrival window and address details with your mover.
- ☐ Update address with your bank, employer, insurance and subscriptions.
- ☐ Use up frozen and perishable food.
- ☐ Refill prescriptions you will need during the move.
- ☐ Plan child and pet care for moving day.

1 week out

- ☐ Pack everything except daily essentials.
- ☐ Label every box with the room and a short contents list.
- ☐ Pack your "open first" box (see the Moving Day Essentials checklist).
- ☐ Disassemble items you plan to take apart yourself, and bag the hardware.

- ☐ Defrost and dry the freezer if it is moving.

Moving day

- ☐ Walk the crew through the home and point out fragile items.
- ☐ Keep valuables, documents and medications with you.
- ☐ Do a final walk-through: closets, cabinets, garage, attic.
- ☐ Check the empty truck before signing.
- ☐ Note any damage on the paperwork before you sign.

After the move

- ☐ Report any damage to your mover in writing right away, with photos.
- ☐ Update your driver's license and vehicle registration if you changed states.
- ☐ Register to vote at your new address.
- ☐ Find a local doctor, dentist and vet.
- ☐ Leave your mover a review.

Moving in or around the Treasure Valley? Vantage Moving is a licensed, BBB Accredited mover based in Boise. Our own crews and trucks, flat-rate quotes in writing. [Get a free quote](#) or call 208-740-1291.