The *Only* Moving Checklist You'll Ever Need

Moving is an exciting and life-changing event. Whether you're relocating for family, lifestyle or work, it can also be overwhelming to sift through endless to-dos, checklists and advice. We've created the only moving checklist you'll ever need, based on almost 100 years of experience helping customers move across the U.S.

This checklist follows an eight-week timeline. If your move is happening in less time, divide the number of days you have left by eight to create a personalized weekly timeline.



UVL Moving Checklist Rev. 08/25
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8 Weeks Before Your Move Date



Create a Moving Folder or Binder

- [ ] Keep everything related to your move organized, including quotes, service details, contact info, receipts and reminders
- [ ] Include a move calendar to help you notate all of your important dates: your move-out date, move-in date, packing schedule, closing date, lease termination date, travel dates and other deadlines.
- [ ] Save helpful research about your new destination, such as school districts, economy, crime rates and more
- [ ] Create a digital version for easy access and sharing — once you get a quote from United, you will have access to our Move Portal to help keep everything organized

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Set a Moving Budget

- [ ] Decide how much to spend on your move
- [ ] If your employer is covering the move, review their relocation policy
- [ ] If moving yourself, factor in supplies, equipment, transportation, fuel and labor

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Gather Quotes and Pricing Information

- [ ] Decide which services you need; United offers options like packing, storage, car shipping, TV mounting, debris pickup and more
- [ ] Be ready to share your move details: dates, origin and destination zip codes, home size, number of floors, extra services needed and any fragile or high-value items
- [ ] Understand the factors that can affect the amount of your moving quote, such as seasonality, additional services, distance, weight, etc.
- [ ] Understand the difference between an instant quote, a ballpark estimate and an estimate that you would receive after a virtual or in-person walk-through.

Research Moving Companies and Services

Protect yourself from scams and unreliable movers. Some disreputable companies may charge hidden fees or even hold your belongings hostage until a large fee is paid. Safeguard your move by doing the following:

- [ ] Ask friends and family for referrals
- [ ] Visit the American Trucking Associations' Moving & Storage Conference at moving.org
- [ ] Check online reviews, social media accounts and the Better Business Bureau
- [ ] If yours is an interstate move, ensure that the companies you are looking at have a DOT number which federally authorizes them to transport your belongings across state lines.
- [ ] Keep written documentation, especially quotes
- [ ] Review the mover's information packet: "Your Rights and Responsibilities When You Move"
- [ ] Understand Full Value Protection and the claims process for your interstate move

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Schedule a Virtual or In-Home Assessment

Before receiving an estimate, movers must visually inspect your belongings, either in-person or virtually. If scheduling a Virtual Survey with United, your move consultant will guide you through the process.

- [ ] Schedule a virtual or in-person walk-through. Make sure to ask your estimator any questions you have about costs, services, delivery timing and the moving process.
- [ ] Show all rooms, including the garage, attic, shed and yard
- [ ] Mention any offsite storage units that will be included in the move
- [ ] Identify what's going on the truck and what's staying behind
- [ ] Point out high-value items worth over $100 per pound (such as antiques and designer goods)
- [ ] Note delicate or breakable items
- [ ] Show your home's exterior and truck access points
- [ ] Discuss whether you'll pack yourself or use professional packing services
- [ ] Estimates and book your move, be sure to understand what is included in your base price



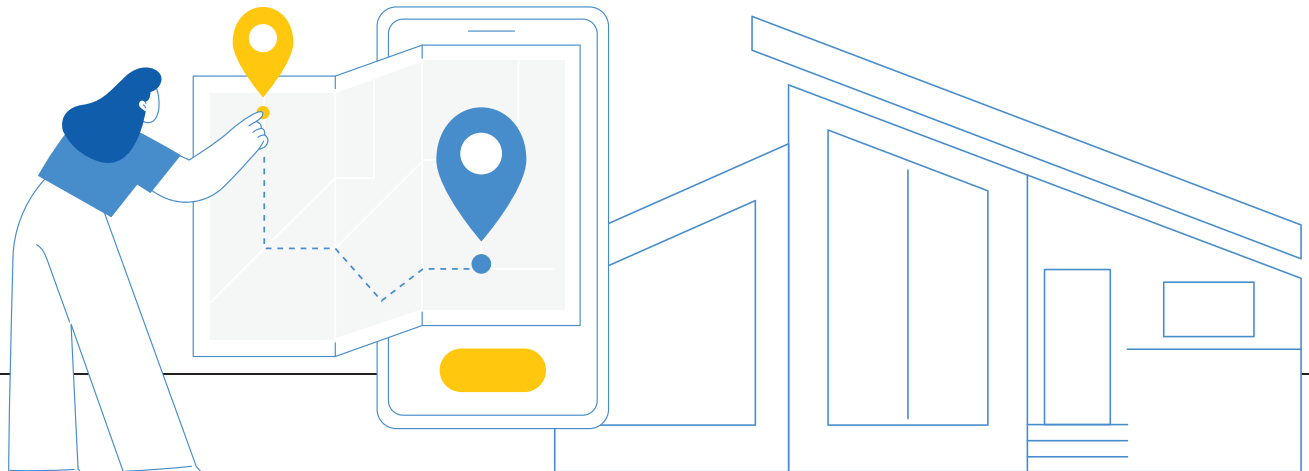
7 Weeks Before Your Move Date

Prepare Your Family for Your Move

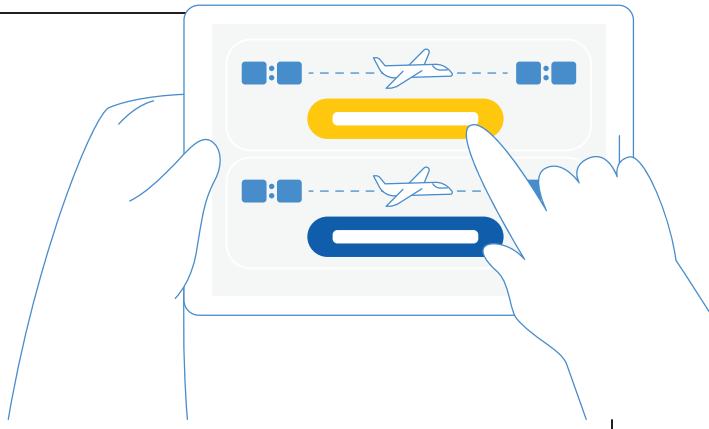
- [ ] Talking to your kids about your move can be hard, especially if they have built friendships at your current location. Try to sit down with them early and often to help them prepare for the transition.
- [ ] If possible, set up a time to visit your new home and area with your family to acclimate them to the new location.

Prepare for Your New Destination

- [ ] Confirm your start date if you're changing jobs
- [ ] Notify your current employer and request time off for the move
- [ ] If you have school-age children, notify their current school about the upcoming move
- [ ] Complete any required school registration documentation and schedule an in-person visit at the new school
- [ ] Plan to transfer medical, dental and school records for all family members, including pets
- [ ] Check whether your auto or property insurance needs to be updated
- [ ] Consider storage if your new home won't be ready by move-in day
- [ ] Create a list of furniture or household items needed; order large or custom pieces now to allow time for delivery
- [ ] Measure to ensure new and existing furniture will fit your space

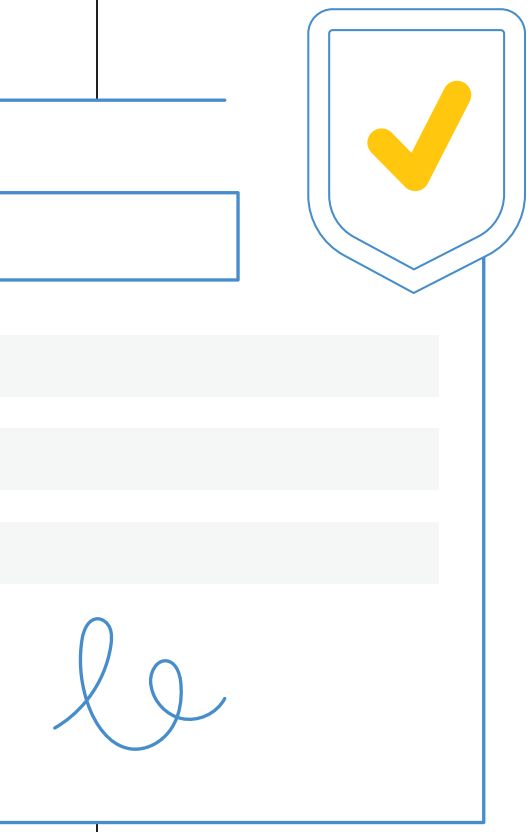


6 Weeks Before Your Move Date



Make Travel Arrangements

- [ ] Reserve lodging for the trip, and at destination if your new home won't be ready for move-in
- [ ] Book flights if applicable, arrange transportation from the airport
- [ ] Schedule childcare or pet sitting if needed
- [ ] Service vehicles if traveling long-distance
- [ ] Arrange car shipping if needed; United offers this service



5 Weeks Before Your Move Date

Protect and Transfer Important Documents

- [ ] Consider scanning physical documents to cloud storage
- [ ] Back up your computer and digital files
- [ ] Secure login credentials, ensuring you have access to them after your move
- [ ] Keep passports, Social Security cards, birth certificates and financial documents in a safe place. During the move, they will travel with you — not on the moving truck
- [ ] Gather warranty documents and manuals

Gather Packing Materials if Self-Packing

- [ ] Learn about specialty boxes, like dish packs and wardrobes
- [ ] Talk to your move coordinator about buying boxes; many of our local agents sell supplies directly to customers.
- [ ] Don't forget markers, tape and plenty of padding material

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Begin Decluttering

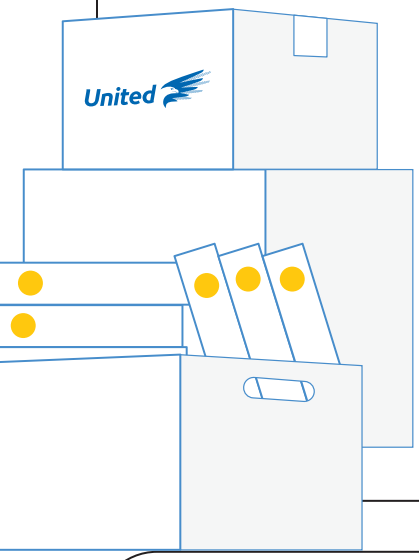
- [ ] Return borrowed items
- [ ] Sort room-by-room into keep, sell, donate and trash piles
- [ ] Host a garage sale or sell unwanted items online
- [ ] Donate usable items to organizations like Goodwill or The Salvation Army
- [ ] Schedule junk pickup for large unwanted items
- [ ] Shred sensitive documents; many banks and office supply stores can do this
- [ ] Dispose of hazardous materials per local regulations



4 Weeks Before Your Move Date

Start packing

- [ ] Reference United's packing tips and how to pack videos for room-specific advice
- [ ] Create a packing zone in each part of the house that will be out of the way
- [ ] Start with storage areas and pack nonessential and seasonal items first
- [ ] Keep a detailed inventory, including box contents and room placement
- [ ] Label boxes clearly. Write on the sides rather than the top, so the label is visible when boxes are stacked.



- [ ] Note fragile or heavy items on the outside of the box
- [ ] Use extra linens and T-shirts to pad boxes and keep your items securely in place
- [ ] Don't pack prohibited or hazardous items, ask your representative if you have any questions about what is not allowed on the moving van
- [ ] Interstate movers cannot transport houseplants; make plans to take them with you or look into rehoming them with a friend or family.
- [ ] Begin setting aside first-night essentials: bedding, toiletries, clothes and snacks

3 Weeks Before Your Move Date

Notify Key Parties About Your Move

- [ ] File a change of address with the post office and forward mail
- [ ] Cancel or set up home services like lawn care, pool maintenance and pet care



- [ ] Update your address with subscription services, the IRS, Medicare, Veterans Affairs, voter registration and financial institutions
- [ ] If changing employers, be sure your previous employer has your new address for tax forms and other critical paperwork
- [ ] Transfer prescriptions to your new pharmacy
- [ ] Cancel or transfer local memberships to gyms, yoga studios, business associations or social clubs
- [ ] Plan goodbye gatherings with friends and neighbors and schedule visits to your favorite restaurants and parks before your departure

2 Weeks Before Your Move Date

Clean and Prep Your Current Home

- [ ] Use up freezer food and prep meals ahead
- [ ] Remove wall hardware and patch holes
- [ ] Schedule or plan a thorough move-out cleaning
- [ ] Dust and wipe down furniture to avoid damage in transit
- [ ] Have rugs professionally cleaned
- [ ] Begin disassembling unused furniture; use labeled baggies for small furniture hardware, we recommend starting a parts box to keep all hardware in one place
- [ ] Make any needed repairs to receive your security deposit



Prepare for Your Trip

- [ ] Map your route and schedule stops
- [ ] Queue up a playlist of music and favorite podcasts for the drive

- [ ] Pack activities and comfort items for the kids
- [ ] Pack snacks and toiletries

Wrap Up Loose Ends

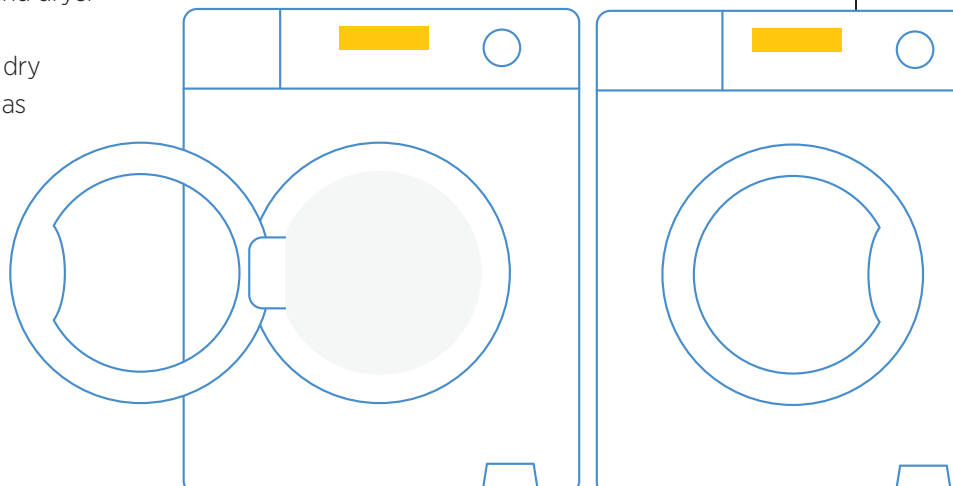
- [ ] Return library books
- [ ] Return store purchases
- [ ] Cancel or redirect deliveries
- [ ] Pick up dry cleaning
- [ ] Resolve any outstanding fines or fees



1 Week Before Your Move Date

Ready Appliances and Outdoor Items

- [ ] United recommends using a qualified technician to prepare appliances for moving; ask your move coordinator if you would like United to arrange this for you
- [ ] Unplug and defrost refrigerators and freezers 24+ hours before moving day; be sure they are dry before closing the door
- [ ] Air out the dishwasher and ensure it is empty
- [ ] Disconnect and stabilize your washer and dryer
- [ ] Drain gas-powered items and let them dry out completely; seal tank tightly with gas cap after airing out
- [ ] Remove propane tanks
- [ ] Dry garden hoses completely and tightly connect the two ends to prevent any drips



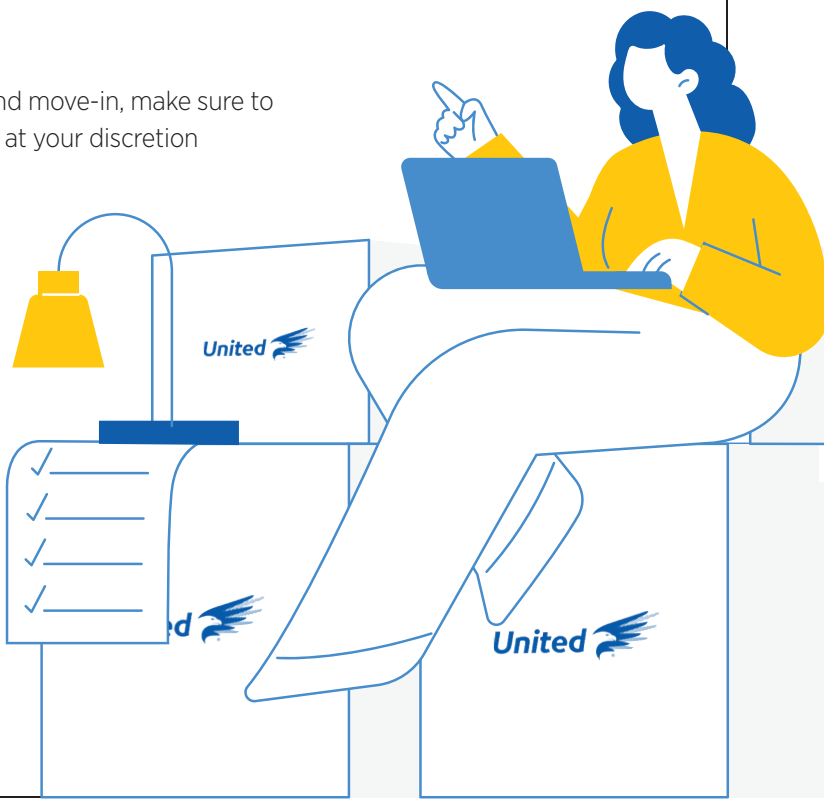
- [ ] Pack small appliances and label carefully
- [ ] Remove and pad light bulbs and fragile lamp parts
- [ ] Disassemble televisions, computers, scanners and printers

Coordinate Utility and Service Setup

- [ ] Arrange for new utilities to be activated before arrival
- [ ] Disconnect existing services the day after your move
- [ ] Contact all providers, including gas, electric, water, trash, recycling, cable and internet

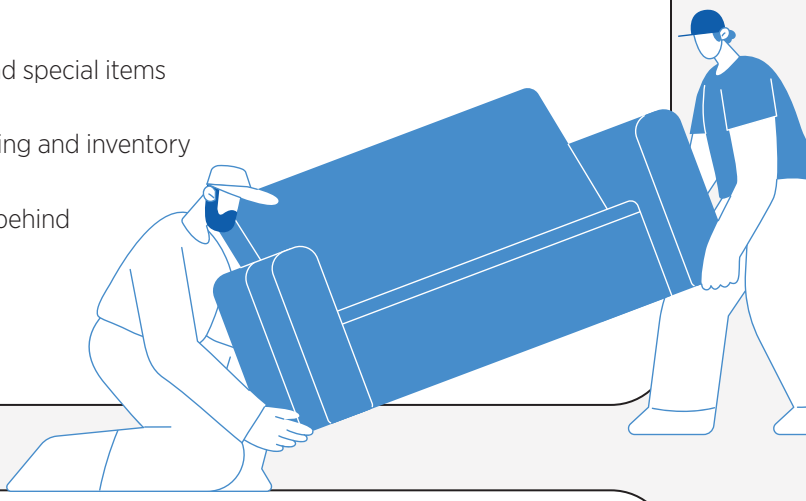
Plan for Moving Day

- [ ] Confirm all logistics with your mover or helpers
- [ ] Arrange care for kids or pets on moving day
- [ ] Keep keys to your new home accessible; do not let them get packed into the moving van
- [ ] Finalize your first-night kit
- [ ] Prepare easy meals for the final week
- [ ] If you would like to tip your movers at move-out and move-in, make sure to have some cash on hand; tipping is optional and is at your discretion
- [ ] Finish any last-minute packing
- [ ] Monitor the forecast and prepare accordingly
- [ ] Clean and dry outdoor furniture
- [ ] Pack a cooler with drinks and snacks for moving day
- [ ] Set aside items that should not go on the moving truck, we recommend marking a closet with a sign that says "**DO NOT LOAD**"



Move Out Day

- [ ] Meet your movers and share any key info or concerns
- [ ] Protect floors with drop cloths or covers
- [ ] Be prepared to direct movers on room layout and special items
- [ ] Sign required paperwork, such as the Bill of Lading and inventory
- [ ] Do a final walkthrough to ensure nothing is left behind
- [ ] Turn off lights and lock doors



Move In Day



- [ ] Protect floors before bringing items in
- [ ] Guide movers on furniture and box placement
- [ ] Read and sign any necessary paperwork
- [ ] Before you begin unpacking, do some basic cleaning
- [ ] Install shower curtains
- [ ] Assemble and make beds
- [ ] Unpack your cooler and first-night kit
- [ ] Bring personal items in from your vehicle
- [ ] Consider changing locks for added security
- [ ] Make spare keys as needed

Unpack and Settle In

Stock Up

- [ ] Buy groceries and essentials



Clean Your New Home

- [ ] Clean floors, baseboards, windows, fans, stairs and surfaces
- [ ] Hire a move-in cleaning service if desired
- [ ] Service the chimney if needed
- [ ] Make sure your address is visible

Set Up Safety and Security

- [ ] Research and install a security system
- [ ] Check or purchase smoke and carbon monoxide detectors
- [ ] Identify nearby emergency services



Begin Unpacking

- [ ] Consider using an unpacking service
- [ ] Unpack essentials like dishes, toiletries, food and clothing
- [ ] Pace yourself to avoid feeling overwhelmed
- [ ] Reassemble furniture
- [ ] Let kids help set up their spaces with bins and shelves
- [ ] Declutter again as you unpack — donate, sell or discard as needed
- [ ] Use debris pick-up services if needed
- [ ] File claims with your mover if anything is lost or damaged

Get Your Documents and Accounts in Order

- [ ] Confirm address changes have gone through
- [ ] Open new accounts for banking, insurance and medical providers
- [ ] Register to vote
- [ ] Ensure return of your security deposit
- [ ] Establish residency in your new location
- [ ] Meet DMV requirements and get a new license
- [ ] Register pets and update tags or microchips
- [ ] Learn your trash and recycling pickup days



Settle In

- [ ] Meet your neighbors
- [ ] Set up playdates for your kids
- [ ] Leave a review and send a thank-you to your realtor
- [ ] Review your moving company online
- [ ] Explore your new community

