



THE STRESS FREE DOWNSIZING CHECKLIST

Moving is a BIG undertaking for anyone, to say the least. Here are a few golden tips to help you prepare like a pro to downsize and move, smooth sailing all the way. Get started now rather than waiting until the last minute.

STEP 1: CREATE A PLAN.

Organize yourself, create a realistic timeline, and make yourself a game plan.

- Set a moving date
- Hiring a moving company? Get more than one estimate
- Measure your new home
- Tell your friends



STEP 2: DECISIONS.

Go through the list and check which items you need to keep.

- Washer & Dryer
- Refrigerator
- Microwave
- Dining Room Set
- Bedroom Set
- Couches/Sofas
- Tables
- Hobby Items

STEP 3: SORTING.

Organize all of your belongings into four separate categories.

- Trash
- Donate
- Sell
- Bequeth

STEP 4: PREP PAPERWORK.

Complete any and all administrative work that needs to be done for a move.

- Update a change of address with the post office
- Contact utility providers (water, electricity, internet)
- Update billing address for bank & credit cards
- Update any subscriptions (i.e., magazine, auto ship)



STEP 5: PACK.

Now that items are sorted, it's time to start packing.

- Get packing material (boxes, tape, etc.)
- Enlist help
- Label & organize your boxes
- Pack an "open first" box with the essentials



QUICK TIPS:

- Start early with plenty of time so you don't feel rushed.
- Take it slow and easy — tackle sorting and packing one section at a time.
- You've got plenty of time, set aside an hour each day dedicated to sorting your belongings.
- Schedule a large donation and/or trash pick up.
- Remember to hydrate.