



Moving week checklist: what to do each day, and on moving day itself

The last seven days decide whether moving day is long or awful. Here's what to do each day, what to sign on the day, and the walkthrough that catches what you'd otherwise leave behind.

- ☐ **7 days: mover or truck confirmed in writing (date, window, addresses, crew, driver contact)**
- ☐ **7 days: USPS change of address filed; bank, cards, insurance, employer, IRS updated**
- ☐ **Utilities: old place off the day after, new place on the day before; internet booked**
- ☐ **5 days: eat down the fridge and freezer; defrost the freezer 1-2 days before**
- ☐ **4 days: first-night box per person packed; documents, keys, meds, valuables set aside for the car**
- ☐ **3 days: every box has a room; door signs printed for the new place**
- ☐ **Day before: elevator or parking reserved, beds apart, path clear, devices charged**
- ☐ **Moving day: walk the crew through; stay on site until loading is done**
- ☐ **Inventory and bill of lading read before signing; copy kept**
- ☐ **Pets and kids in a quiet room, away from the door traffic**
- ☐ **Final walkthrough of every closet, cabinet and appliance; empty rooms photographed**
- ☐ **Keys handed over, directions given to the driver**



Read the full post with the why behind each tip:
<https://movebuddy-ai.com/blog/moving-week-checklist>
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