

*Moving house can seem very daunting – there’s always so much to do! We’ve put together a comprehensive Moving Checklist to help you keep track of tasks essential to a well organised and stress-free move.*

## **4-6 WEEKS BEFORE THE MOVE**

Decide if you need to book a removalist

### ➤ **Furniture Removal**

When planning to move consider:

Professionals or amateurs? Decide whether you’re going to use removalists or with help from family and friends. You have several options – Self move, hire a truck, part service move – you pack but the removalists move everything from A to B, or Full service move – the professionals do everything!

### ➤ **Redirect Your Mail and Change of Address**

- Don’t miss any of your mail – arrange a redirection with Australia Post to your new address
- Advise organisations of your new address (see attached list of people to contact)

### ➤ **Packing Up**

- Plan ahead. De-junk your house and get rid of as much unwanted belongings through a garage sale or donating to a local charity.
- Start to use as much food in the freezer as possible to prevent wastage during your move
- Mark boxes clearly by room
- Make a list of things you’ll need on the moving day so you don’t pack them away

## **2 WEEKS LEADING UP TO THE MOVE**

### ➤ **Organise your utility accounts**

- Arrange for disconnection and reconnection of electricity, gas, telephone and water
- Don’t forget to cancel newspapers, cleaners, gardeners, pet grooming and any other services

### ➤ **Cleaning Up**

- Book professional cleaners if necessary
- Arrange for carpet cleaners to come in once the furniture is out
- Defrost and clean your fridge and freezer the day before you move

## **LAST MINUTE AND MOVING DAY HINTS**

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- Confirm key collection arrangements
- Pack a small box of items you may need for immediate use in your new home , such as toiletries, medicines, toilet paper, soap and towels
- Pack another small box with kitchen essentials such as kettle, cups, tea, coffee, snacks
- Do a final check to make sure all storage areas are emptied – especially the roof cavity
- Check that all doors and windows are locked as you leave the old house
- Be sure to keep your valuables and important papers with you so they don't get lost
- Unpack bedding and make beds as soon as possible – you'll be thankful at the end of the day!

## **PACKING**

Packing your belongings with good quality packing materials will help ensure they arrive in a good condition. Here are a few ideas for moving day:

### ➤ **Packing Materials**

- Strong sturdy cartons of various sizes
- Good quality packing tape
- Scissors
- Permanent marker
- Bubblewrap, tissue paper, wrapping paper – available from storage or removal companies

### ➤ **Packing Plan**

- Wrap and pack each item individually
- Pack heavier items in smaller boxes or at the bottom of larger boxes and mark cartons as "Heavy" or "Fragile"
- Label the top and sides of each carton with the room and contents enclosed
- Use plenty of packaging tape

### ➤ **Packing Ideas**

- Ask the manager of the local supermarket or liquor store for small boxes – great for books and fragile items
- Hire a trolley or hand cart for the day you move.
- Wear heavy gardening gloves to protect your hands when handling heavy items
- Use old blankets to cover and protect your furniture
- If you disassemble furniture use a snap lock bag to hold the screws and tape to the item
- Remove the plate from your microwave oven and tape the door closed
- Clear a room first close to the exit, and use it to store all boxes as they are packed.

## **MOVING WITH CHILDREN**

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Moving home can be a stressful time for everyone, however can be very traumatic for children who often feel anxious, scared and helpless about leaving their friends and familiar surroundings

Include the children as much as possible to make the move easier.

Consider the following to help make the move easier and less stressful on them, and consequently on you!

- Treat the move as a fun adventure
- Let the children see the new house as soon as possible and let them pick out their own room
- Let the children pack a box of their own with all their special things inside
- If possible, have the children looked after on the day of moving
- If they are going to be present, involve them as much as possible and make sure you have an easily accessible game for them to play to keep them occupied
- The move is likely to be a major disruption so don't be surprised if the move induces behaviour such as tantrums, thumb sucking or bed wetting
- Help the children set up their own room as early as possible, and try to establish a routine as soon as you can to help them settle in

## **THE FIRST NIGHT IN YOUR NEW HOME**

There's no doubt about it. The first night in your new home you WILL be exhausted! Here are a few tips to help minimise the disruption and possible distress after a long day:

- Plan ahead for things you might need on your first night in your new home. Set aside a box of critical things you may need for the first 24 hours of the move.
- If possible pre-cook a meal which is easily reheated. Something hearty like a homemade soup will satisfy you after a long day of work
- Alternatively pick up some quality take away so you don't have to worry about finding plates, cutlery etc. better still, explore outlets that will deliver so you don't have to go out in your grubby workclothes
- Ensure the electrical items are packed where you can easily reach them
- Pack a small toolkit for re-assembling large items that couldn't be moved whole
- For each person in the household pack a change of clothes, toothbrush, soap, water bottles and personal items.
- Pack a small medical bag including and prescription drugs, painkillers, Band-Aids and bandages
- Think about other things you may need in the first 24 hours – cash/cheque book, torch, mobile phone and charger, toilet paper, tissues, matches, garbage bags, light bulbs, detergent and other cleaning items
- Remember to pack for breakfast the next morning – cereal, butter or margarine, teabags, coffee, sugar, milk, bread and spreads
- Try to keep an area in the kitchen clear for food preparation without the need to clear boxes all the time. When you need a cuppa and a biscuit it needs to be close at hand and easy to get to!
- Most importantly, make up the beds earlier in the day. You'll thank yourself when you run out of energy!

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## CHANGE OF ADDRESS CHECKLIST

You might like to notify the following of the date you are moving and your new address:

### Utilities Services

- Gas
- Electricity
- Telephone
- Local Council
- Post Office

### Government

- Taxation Office
- Electoral Roll
- Centrelink
- RTA
- Medicare

### Home

- Cleaning
- Gardening
- Lawn Mowing
- Newsagency

### Financial Business Education/other

- Credit card companies
- Banks/ Building Society
- Credit Union
- Personal Loans
- Hire Purchase
- Leases
- Shares/Investments
- Superannuation
- Insurance
- Accountant
- Solicitor / Conveyancer

### Health

- Doctor
- Dentist
- Optometrist
- Health Insurance

- Library
- Schools
- Vet
- Personal
- Neighbours
- Relatives
- Friends
- Work
- Church
- Clubs

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