



Moving Guide Checklist

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Notify Service Providers

<input type="checkbox"/> Telus (Phone/Cable/Internet)	310-2255 www.telus.net
<input type="checkbox"/> Enmax (Water/Sewer/Electricity)	310-2010 www.enmax.com
<input type="checkbox"/> Epcor (Electricity/Gas)	310-4300 www.custserv@epcor.com
<input type="checkbox"/> Direct Energy (gas)	(886) 374-6299 www.directenergyregulatedservices.com
<input type="checkbox"/> Alberta Health Care	780-427-1432 www.health.gov.ab.ca
<input type="checkbox"/> Vehicle and Home Insurance	Contact your insurance broker
<input type="checkbox"/> Shaw Cable	(888) 472-2222 www.shaw.ca

Remember to put in address changes for:

- ☐ Canada Post
- ☐ Credit Cards / Vendors
- ☐ Bank
- ☐ GST Tax Credit
- ☐ Child tax benefit
- ☐ Subscriptions
- ☐ Personal insurance / investment agents

Might Wish to Obtain:

- ☐ Medical Records
- ☐ Dental Records
- ☐ School Records

*** LEAVE YOUR FORWARDING ADDRESS WITH THE PURCHASERS OF YOUR HOME ***

Self-Moving

- The two essential ingredients of a successful move are manpower and hauling capacity.
- Calculate whether moving yourself actually makes economic sense. Add up all moving costs including boxes, packing material, gas, meals, truck rental and insurance. Compare it against a quote from a professional moving company.
- Four questions to ask yourself:
 1. Do I have time to pack and move all my goods?
 2. Am I physically capable of moving heavy pieces?
 3. Do I know enough people who can and are willing to help me move?
 4. Can I drive a rental truck? If not, who can?
- If you do rent a truck, it's better to rent a larger one than you think you'll need. Otherwise, you will have to make more than one trip.

Choosing a Professional Mover

- Ask family and friends for recommendations.
- If in doubt, check with the Better Business Bureau.
- Determine the size, distance and timing of your move.
- Choose between a "self service" move (you pack & unpack) or a full-service move (the moving company packs and unpacks.)
- Obtain a written cost estimate.
- Review insurance coverage. There are three types:
 1. Standard coverage
 2. Assessed Value coverage
 3. Full Replacement coverage

Common Things People Forget

- Get copies of medical, dental, immunization, school & veterinarian records (if moving to a new city).
- Advising Subscription Companies
- Pick up drycleaning
- New Address (keep handy at all times).
- Cleaning supplies for cleaning after movers have loaded everything.
- Garage door opener (remember to leave it behind)
- Keys (gather up all house keys and leave for the new homeowner).

Long Distance Moving Checklist

- Open new bank accounts .
Transfer funds and anything you have in your safety deposit box.
- Health Care.
Take the time to choose new health professionals. Research the Internet for doctors, dentists, specialists and hospitals. Ask new friends and working colleagues for recommendations.
- Prescriptions.
Be sure to get a couple of months worth of prescriptions from your doctor before moving.
- Medical Records.
Get copies of doctor records and case records and have them forwarded to you new doctor.
- Insurance.
Check all of your insurance policies to ensure that coverage will continue in your new area. If not, ask your insurance agent for a recommendation.
- Memberships.
Formally resign or transfer memberships from any local organizations or associations.
- School Records.
Ask the school to make a copy for you to take with you.
- Borrowed Items
- Return Library books, rental videos, or other items you may have borrowed from friends and neighbors.
- Trip to new home
Pack a first aid box and a food & beverage "care Pkg" for the trip to your new home

Moving with Kids

- Provide children with as much information as possible about the move & allow them to participate in decision-making discussions.
- Familiarize the children with the new area using maps, photographs & related Internet sites. Talk about the positive aspects of their new home, school & neighborhood. Encourage questions & invite children to talk about their worries.
- For young children, make the move an adventure. Encourage them to pack their own things, leaving favorite toys until the end.
- Resist the temptation to send children away during the move unless they are very young. Participating will help them adjust more easily to their new surroundings.
- For older children who are leaving friends, sports teams, and their school, emphasize how easy it is to keep in touch through e-mail & the phone.
- After the move, participate with the kids in local Scouts or Girl Guides, community sport teams or religious events.

No matter how well you have prepared your children, expect them to be a little upset. The emotional impact is greater for older children than for younger children. Watch for signs of depression.

Packing Checklist

Packing Materials

Sturdy Boxes

Packing Tape

Bubble Wrap

Styrofoam packing peanuts

Use newspaper, old blankets, pillows and clothing to serve as a buffer between breakable objects

Packing Techniques

- Pack one room at a time, labeling each box with a description of its contents & its destination (e.g. kitchen, bathroom). Mark the room destination on the top and a least one side of every carton. Be as specific as you can to make unpacking easier. Follow this up at your destination home by taping an identifying tag on each room, eg Bedroom 1, Bedroom 2.
- Put heavy items in small boxes to make them easier to carry.
- Don't apply tape directly to polished or painted wood finishes. Removing the tape could ruin the surface.
- Double-box fragile items and add plenty of cushioning.
- Do not pack up valuables such as jewelry, money or important legal documents. Take them with you in your car.

Priority Items

- Make sure the items you need most are loaded LAST
- Pack essential items that you will need for the first 24 hours in your new home and take them in your car. For each person: a change of clothes, a towel, prescriptions, toothbrush and other personal items. For everyone: food, beverage, plastic eating utensils, toilet paper, soap, aspirins, pen/pencil & paper, snacks, coffee/tea and trash bags.

On Moving Day

Moving Checklist

Have a notepad or clipboard handy to jot down reminders

Have everything packed and ready to go by the time your helpers arrive

Make sure the movers have clear directions to your new home and that someone will be there to greet them.

Make sure the moving van has a convenient place to park. Mark off the parking area with cones or other suitable objects. Make sure the moving truck doesn't block a neighbor's driveway.

When loading and unloading, make sure the movers don't walk over your neighbor's lawn.

Try not to move too early or too late in the day.

- Confine your pet or arrange for a friend or family member to for your pet during the move. Another alternative is to take your pet to the groomer for the day.
- Food and refreshments for your family and the movers
- Leave your old house as clean as you would like to find your new house. Clean as much as you can before moving day, and then make a final check after everything is out.
- Stay around until the movers are finished loading. You will be asked to sign a bill of lading and to check an inventory sheet. Read the documents carefully before signing.
- Remember the last walk-through of all rooms.
- If the movers have done a good job for you, it is customary to tip them around \$20 each, depending on the difficulty of the move.

Unpacking

- It will be less stressful if you know that you don't have to unpack everything in one day or even in one week.
- If you have prepared well, furniture and boxes can be unloaded directly into the correct rooms.
- Focus on one room at a time, beginning with the kitchen, followed by the bathroom.

One last thing

***** CHANGE THE LOCKS *****
ENGAGE A LOCKSMITH OR TAKE THE TUMBLER OUT YOURSELF & HAVE IT
REKEYED AT THE STORE.

Things To Do After The Move

In the craziness of moving, it's often hard to know where to start. Let's take a look at some moving tips and how to handle certain things as soon as you move into your new home. You may want to copy and paste it, store it on your phone or print it out so you have a checklist in plain sight.

1. Schedule a Deep Clean

Your first thought may be to deep clean your new home. You can do it yourself or you may want to forgo scrubbing floors and hire a cleaning service instead. A cleaning service typically costs \$40-\$50 per hour, depending on the size of your home, the location and the type of cleaning you need. It's a good idea to interview house cleaners ahead of time before you make a decision about the cleaner you prefer.

2. Unpack Your Supplies

When you have moving boxes sitting around in every room from the moving company, your first reaction may be to jump in and start taking things out of every box you see. You may want to resist that impulse however, because it can get overwhelming quickly. It's a good idea to consider having an organized system at hand, such as unpacking 2 boxes at a time in a room.

You may also want to consider unpacking the most important rooms first such as the kitchen, bathroom. Prioritizing the rooms you'll use the most will help you stay organized while you go through unpacking.

3. Set Up Safety Measures For Kids and Pets

Is your new house safe for kids & pets? Put up safety gates, add outlet covers, secure heavy furniture to the wall, stow long electrical cords and window cords and lock cabinets to keep kids & pets safe. Keep cleaners and detergents, trash bins, heavy cookware and sharp objects out of reach. Keep any other dangerous packing supplies away from both kids and pets.

4. Change House Locks

It's important for brand-new homeowners to change their house locks once they move in. You don't know who the previous owner shared keys with. Get new house locks or pull the tumblers yourself and have them rekeyed at the store as soon as possible.

5. Get a Security System Installed

Consider installing a home security system in your new home. It will give you peace of mind when you move into a new neighborhood.

You'll pay for the cost of equipment, activation and installation costs and a monthly fee. The cost of equipment ranges from about \$199 - \$399+; installation may cost anywhere between \$0 and \$199, and the monthly fee between \$25 - \$50.

6. Test Your Smoke Detectors and HVAC System

Test your new smoke detectors and HVAC system. If there is a problem with either, it's a good idea to get them checked out right away. You want to know that your heating, ventilation and air conditioning systems are working. If you move in the dead of winter or during the heat of summer, you'll want to make sure your systems are working well.

7. Update Your Address

In the hubbub of everything going on when you move into your home, updating your address through the Post Office might be the last thing on your mind. It's a good idea to get your change of address done as soon as possible with Canada Post so you don't miss out on any important mail during the process of moving. You don't want to spend 2 weeks moving only to realize that you haven't paid specific bills that haven't been sent to your new address.

8. Transfer Utilities

Make sure your Utilities are turned off at your old address, and turned on at your new address. Consider researching providers ahead of your move to determine whether you've chosen the right provider for you. If you're a new customer and depending on the company you may need to pay a new service setup charge.

Water/Sewer Gas Electricity

9. Set Up Connectivity – TV, Internet and Phone Services

Many providers can give you access to TV, Internet and Phone services. Some companies allow their customers to transfer services from one location to another, while others may force them to cancel the services at one place before setting up services at another. Once you've decided on a service provider, you can pay an installer or in some cases, such as installing Internet or cable, you can do it yourself. You may pay a relocation fee depending on the company policy.

10. Get a New License and Register Your Car if in a New Province

Once you move to a new area, it's important to get a new license and to register your car. You can't register your car without a new license. If you've moved somewhere else in province you can update your license through the local Registry. Out of province there will be a grace period.

Before you go to the Registry research the documents you will need to bring with you. You may need to provide specific identification and proof of residency. Pay any required fees.

11. Update Your Important Documentation

It's important to update any documentation with the businesses & agencies that require you keep them updated including:

Tax documentation: The Canada Revenue Agency and the Provincial Govt will want to know your new address. If you move before you file, you can include your new address on your tax return but notify your tax preparer as well.

Social Security Administration: If you receive Social Security benefits log into your account online and update your contact information.

Insurance Companies: Your homeowners insurance company may already know about your change in address because you'll need homeowners insurance to get a mortgage – just make sure that you have the right amount of coverage. Also make sure your health, life, dental, boat, personal property and other insurances know about your move.

Your Employer: Your employer will need to be able to send your paycheck to you (even if you get your paychecks directly deposited into your bank account) because they'll need to send you your tax forms and pay stubs.

Financial Companies: Financial companies such as your bank, credit card company, financial advisor, accountant, and other types of financial documents need to be updated.

Voter Registration: As soon as you can, change your voter registration after you move. Every city, province, has a different deadline, but you may need to register 15 to 30 days before an election.

12. Find a New Health Care Provider and Transfer Your Medical Records

Ask around in your community to determine the best health care providers for your needs. If necessary, find new doctors for everyone in your family, from orthodontists to pediatricians to family doctors. Call your old provider and ask them to send your medical records to your new provider's office. It's a good idea to get this done as soon as possible because you never know when you'll need a doctor.

13. Schedule Home Improvements

What repairs do you need to make to your new home? Some repairs may require more attention than others, such as leaky pipes, structural issues, a roof that needs replaced, etc. Get any problems addressed sooner than later if they aren't taken care of before move-in day. Consider prioritizing the home improvements you need to have done based on the seriousness of each issue. Painting a room likely ranks on a lower priority than a leaky roof for example. Consider getting a list of contractors in the area and interview them as soon as you know you'll need to make improvements to your new home.

14. Tailor Your New Area To You

One of the best parts of moving into a new home means you get to make it all your own. You can personalize your space by putting your favorite paintings or décor on the walls. Similarly, you may also want to tailor your activities to fit you as well. In other words look for opportunities to do activities that you used to enjoy in your previous community. For example, if you enjoy playing pickleball, find the closest pickleball courts and start making new friends. If you want to connect with other moms, you may want to check "mommy and me" groups in the area. Whatever you like to do, start integrating yourself into the community to start feeling like you're part of it.

15. Connect With Neighbors

Your neighborhood can also help you get connected and feel a part of the community. It helps to have relationships with your neighbors when you need somebody to house-sit or in an emergency. Here are some tips to get to know your neighbors:

- Wave and smile in passing
- Send them gifts or baking goods during the holidays
- Host a block party
- Strike up occasional conversations

To make friends with your neighbors, you need to be a good neighbor yourself. With small gestures and conversations here and there, you can build relationships that positively impact your surroundings and even your mental health.

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