

Your 7-Day Moving Countdown

One week. A few manageable tasks each day. A smoother move.

START HERE

Book movers, transportation and rental bins earlier when possible. Use this countdown for your final week, and adjust it to your move.

Moving date: _____ New address: _____

7 DAYS BEFORE | Confirm the plan

- ☐ Confirm movers or truck rental, arrival time and both addresses.
- ☐ Reserve moving bins or confirm your scheduled bin delivery.
- ☐ Arrange utilities and internet at your new home; confirm service dates.
- ☐ Check parking, elevator reservations and building access at both homes.
- ☐ Set aside unwanted items for donation, recycling or disposal.

6 DAYS BEFORE | Pack what you rarely use

- ☐ Pack seasonal clothing, decor, books and other nonessential items.
- ☐ Label each bin with its destination room and a brief contents list.
- ☐ Wrap fragile items; keep each bin at a comfortable lifting weight.
- ☐ Keep passports, keys, valuables and important documents together.
- ☐ Create a list of rooms so you can track packing progress.

5 DAYS BEFORE | Update and organize

- ☐ Submit your mail-forwarding request and update key mailing addresses.
- ☐ Confirm plans for children and pets during loading and unloading.
- ☐ Photograph electronics connections before disconnecting equipment.
- ☐ Plan meals to use up refrigerated and frozen food.
- ☐ Schedule donation pickup or drop-off and any final cleaning help.

Pack with a plan

Finish one area at a time. Keep the things you still need within reach.

4 DAYS BEFORE | Build packing momentum

- ☐ Pack guest rooms, storage areas and most closets.
- ☐ Group kitchen items by use; leave out a small set of daily essentials.
- ☐ Protect furniture and floors; set aside blankets and packing supplies.
- ☐ Bag and label furniture hardware; keep it with the matching item.
- ☐ Ask movers about items they cannot transport and plan accordingly.

3 DAYS BEFORE | Prepare for arrival

- ☐ Decide where large furniture will go in your new home.
- ☐ Confirm how and when you will receive keys or entry codes.
- ☐ Make sure payments, paperwork and contact numbers are ready.
- ☐ Set aside cleaning supplies, trash bags and paper towels.
- ☐ Pack a first-night kit with bedding, towels and basic toiletries.

2 DAYS BEFORE | Close the gaps

- ☐ Finish most packing; check cabinets, closets, garage and outdoor areas.
- ☐ Keep medications, documents, valuables and your essentials bag separate.
- ☐ Confirm the moving-day schedule with everyone helping.
- ☐ Check the weather and plan to protect belongings if needed.
- ☐ If moving appliances, follow their preparation instructions in advance.

YOUR NOTES

Ready for moving day

Keep essentials with you, and leave time for one final walkthrough.

1 DAY BEFORE | Make tomorrow easier

- ☐ Pack remaining items, leaving out tonight's and tomorrow's essentials.
- ☐ Charge phones and power banks; keep chargers accessible.
- ☐ Prepare water, snacks and any food needed during the move.
- ☐ Clear a safe path for loading; keep exits and walkways open.
- ☐ Put keys, paperwork and your essentials bag where you can find them.

MOVING DAY | Load, check and settle in

- ☐ Show helpers the room labels and any fragile or special-care items.
- ☐ Keep medications, documents, valuables and essentials with you.
- ☐ Check every room, cabinet and outdoor space before leaving.
- ☐ Photograph the empty home; secure it and return keys as arranged.
- ☐ Direct bins to their rooms; unpack essentials and check belongings.
- ☐ Keep rental bins together and confirm your scheduled pickup.

ESSENTIALS TO KEEP WITH YOU

Medications | Keys | ID and documents | Phone and chargers
Water and snacks | Toiletries | Change of clothes
Toilet paper | Basic bedding | Children's and pets' essentials

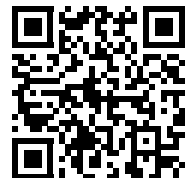
Need sturdy, reusable moving bins?

Request a quote from Triangle Moving Bins.

Text: 919-561-6221

Email: trianglebins@gmail.com

trianglemovingbinrental.com



Scan for a quote