



Senior Moving Essentials Checklist

Pre-Move Preparation

6-8

Weeks Before
Moving Day

- Schedule a moving date with Golden Relocation.
- Create a list of *Day-One Essentials* (medications, important documents, comfort items).
- Update your address with family, friends, and essential contacts.
- Organize and transfer medical records to your new healthcare providers.
- Research utility services (electricity, water, internet) for your new home.

4-6

Weeks Before
Moving Day

- Begin sorting belongings (keep, donate, gift, or discard).
- Identify furniture or large items to move and label them.
- Notify financial institutions, insurance providers, and subscriptions about your address change.

2-3

Weeks Before
Moving Day

- Schedule furniture donations or family deliveries with Golden Relocation.
- Arrange for mail forwarding through USPS.
- Make an inventory of essential items for the move.

1

Weeks Before
Moving Day

- Pack personal essentials (clothing, toiletries, medications).
- Set aside valuable items to move personally (jewelry, documents).
- Confirm all arrangements with *Golden Relocation*.