

## Your Complete Move-In Checklist

Use this checklist to stay organized before, during, and after your move. Snr Leagues handles the heavy lifting -- our team can manage packing, transport, room setup, and safety installation so you can focus on settling in.

### 6 Weeks Before the Move

- Confirm your move-in date with the facility or new home
- Notify your current landlord or property manager in writing
- Begin sorting belongings: Keep / Donate / Discard / Gift to family  
*Snr Leagues offers Downsizing & Declutter service - \$249*
- Request medical records transfer from current providers
- Update your address with USPS, bank, Medicare, and insurance
- Schedule a free Snr Leagues Move-In Consultation  
*Call 844.857.2267 or visit [snrleagues.com/moving](https://snrleagues.com/moving)*

*\* Snr Leagues Tip: Book your Snr Leagues move at least 3 weeks out to secure your preferred date and crew.*

### 4 Weeks Before the Move

- Obtain packing supplies: boxes, bubble wrap, labels, markers
- Pack non-essential items first: books, seasonal clothing, decor
- Photograph valuable items for insurance records
- Arrange transfer or cancellation of utilities (electric, gas, internet)
- Confirm furniture measurements fit the new room  
*Ask facility for a floor plan if available*
- Arrange for donation pickup or junk removal

### 2 Weeks Before the Move

- Confirm move date and arrival time with Snr Leagues crew
- Pack a 'First Night Bag': medications, toiletries, change of clothes, phone charger
- Label all boxes clearly with room destination
- Arrange for a trusted person to be present on move day
- Notify friends and family of your new address
- Confirm any elevator or loading dock reservations at new facility

*\* Snr Leagues Tip: Color-code your boxes by room (e.g., blue = bedroom, green = bathroom) for faster unloading.*

### Move Day

- Do a final walk-through of the old home -- check all closets, cabinets, and drawers
- Carry important documents yourself: ID, insurance cards, medication list
- Keep medications and valuables with you -- do not pack in moving truck
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# Snr Leagues | Senior Move-In Checklist

Direct Snr Leagues crew on furniture placement in new room

*We assemble and arrange furniture at no extra charge*

- Sign off on the move completion checklist with your crew lead

## After Moving In

- Install grab bars, non-slip mats, and nightlights  
*Snr Leagues Safety & Accessibility Setup - \$179*
- Test smoke detectors and carbon monoxide alarms
- Introduce yourself to neighbors and facility staff
- Set up emergency contact list and post near phone
- Schedule your first housekeeping visit  
*Snr Leagues Housekeeping from \$89.99/week*
- Arrange in-home grooming appointment if needed  
*Haircut, Pedicure, Manicure - \$59.99/visit each*
- Connect with facility activities coordinator
- Update your emergency contacts with new address and phone

*\* Snr Leagues Tip: Ask Snr Leagues about bundling Move + Setup services to save 10% on your total.*

## What to Pack vs. What to Leave

### BRING WITH YOU

- Favorite photos and framed art
- Personal bedding and pillows
- Cherished keepsakes and mementos
- Comfortable chair or recliner
- TV and remote (if space allows)
- Small appliances you use daily
- All medications and medical equipment
- Important documents (see above)

### CONSIDER DONATING / LEAVING

- Large furniture that won't fit
- Duplicate kitchen appliances
- Clothes not worn in 2+ years
- Old magazines and newspapers
- Excess linens and towels
- Garden tools and outdoor equipment
- Holiday decorations (keep 1 box)
- Heavy exercise equipment

**Need help with your move? Snr Leagues handles everything.**

Tel: 844.857.2267    Web: [snrleagues.com/moving](https://snrleagues.com/moving)    Email: [info@snrleagues.com](mailto:info@snrleagues.com)