

Moving Out of State: 8-Week Checklist

Timeline	Checklist
8 Weeks Before	■ Set your moving date. ■ Create a moving budget. ■ Research and book interstate movers. ■ Research your new city. ■ Create a moving binder or digital checklist.
6 Weeks Before	■ Declutter each room. ■ Sell, donate, or recycle unwanted items. ■ Gather moving boxes and packing supplies. ■ Notify your landlord if you're renting. ■ Schedule time off work if needed.
4 Weeks Before	■ Begin packing non-essential items. ■ Schedule utility shutoff and transfer dates. ■ Update your mailing address. ■ Transfer school and medical records. ■ Refill prescriptions before your move.
2 Weeks Before	■ Confirm your moving company. ■ Finish packing most rooms. ■ Arrange pet or child care if needed. ■ Deep clean emptied areas. ■ Prepare an essentials box.
Final Week	■ Empty and clean the refrigerator. ■ Defrost the freezer if necessary. ■ Finish your move-out cleaning. ■ Complete your final walkthrough. ■ Return keys, garage remotes, and access cards. ■ Take photos of the property's condition before leaving.