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## Comprehensive Long-Distance Move Checklist

This detailed week-by-week checklist will guide you through every stage of planning and completing your long-distance move from Long Island. Print it out and use it to stay organized.

### 8–12 Weeks Out

- Research and hire licensed, insured long-distance movers
- Gather at least three quotes for comparison
- Check movers' USDOT number for interstate moves
- Notify landlord (if renting) or prepare to list your home
- Set a moving budget (movers, travel, deposits, housing)
- Create a moving binder for contracts, checklists, and receipts

### 6–8 Weeks Out

- Declutter each room: decide what to keep, donate, or discard
- Schedule junk removal service for unwanted items
- Donate to local charities (furniture, clothing, household goods)
- Take photos of valuables for insurance
- Order moving supplies: boxes, tape, bubble wrap, labels
- Begin packing non-essentials (books, seasonal items, décor)
- Arrange school record transfers for children

### 4–6 Weeks Out

- Confirm moving date and services with movers
- Transfer utilities and internet service to new address
- Submit change-of-address form with USPS
- Book travel arrangements (flights, hotels, or driving plans)
- Arrange temporary housing if belongings will arrive later
- Continue packing items not needed before the move

### 2–3 Weeks Out

- Pack fragile and specialty items carefully (art, antiques, glassware)
- Confirm loading logistics: parking permits, elevator reservations
- Dispose of hazardous materials (paint, propane, cleaning chemicals)
- Schedule or plan for move-out cleaning
- Make arrangements for pets and plants
- Service your vehicle if driving long-distance

## **1 Week Out**

- Pack a first-night essentials box (clothes, toiletries, meds, chargers)
- Back up important digital files and documents
- Organize moving paperwork: contracts, ID, insurance, payment
- Disassemble furniture or request mover assistance
- Confirm all details with your moving coordinator
- Defrost and clean the refrigerator and freezer

## **Moving Day**

- Walk movers through the home and point out fragile items
- Keep valuables and important documents with you
- Do a final walkthrough (closets, attic, garage, basement)
- Lock up and hand off keys (if renting or selling)
- Stay in communication with the moving team

## **After Arrival**

- Inspect belongings against your inventory list
- Report damages promptly if needed
- Unpack essentials first (kitchen, bedrooms, bathrooms)
- Set up utilities and internet if not active already
- Update address with DMV, banks, credit cards, insurance
- Explore local services: grocery stores, pharmacies, schools
- Break down and recycle boxes or schedule junk pickup