

Printable Moving Checklist

Prepared by Salmon’s Moving & Storage · Updated 2025-08-20 · 604-273-2921

8–12 Weeks Before Moving Day

- ☐ Create a moving folder (quotes, inventory, receipts).
- ☐ Decide move type: full-service with Salmon’s or hybrid self-pack.
- ☐ Request an in-home/virtual estimate from Salmon’s Moving & Storage (604-273-2921).
- ☐ Confirm move scope: local, long-distance, or international.
- ☐ Book elevator/loading dock if in a condo/apartment.
- ☐ Shortlist schools, doctors, vets near your new home.
- ☐ Start decluttering: donate, sell, recycle.

6–8 Weeks Before

- ☐ Book your move date with Salmon’s and pay deposit if required.
- ☐ Ask about specialty items (pianos, fine art, antiques).
- ☐ Order packing materials or schedule Salmon’s packing service.
- ☐ Create a room-by-room packing plan.
- ☐ Measure doorways and large furniture for access.

4–5 Weeks Before

- ☐ Begin packing non-essentials and off-season items.
- ☐ Label boxes with room, contents, and fragility.
- ☐ Update/forward subscriptions and memberships.
- ☐ Schedule utility connections/disconnections (internet, hydro, gas).
- ☐ Arrange storage with Salmon’s if needed.

2–3 Weeks Before

- ☐ Confirm parking permits and strata rules for moving truck.
- ☐ Set aside valuables, documents, and medications to travel with you.
- ☐ Plan pet/child care for moving day.
- ☐ Prepare an essentials box for first 48 hours.
- ☐ Confirm insurance coverage for the move.

1 Week Before

- ☐ Finish packing most rooms; leave daily-use items for last.
- ☐ Defrost and dry refrigerator/freezer (24–48 hours before).
- ☐ Disassemble select furniture (or have Salmon’s handle it).
- ☐ Take photos of electronics cable setups.

Moving Day

- ☐ Do a final walkthrough; check closets, cabinets, storage.
- ☐ Protect floors/walls (ask Salmon’s about floor runners).
- ☐ Review inventory with crew lead; note pre-existing conditions.
- ☐ Keep keys, IDs, and payment method with you.
- ☐ Leave garage door openers/extra keys for new occupants.

Arrival & Unpacking

- ☐ Direct crew to rooms using door labels or a floor plan.
- ☐ Inspect items as they’re unloaded; note any concerns on paperwork.
- ☐ Assemble beds first; set up basics (bath, kitchen, Wi-Fi).
- ☐ Flatten and recycle boxes; schedule debris pickup if available.
- ☐ Update your driver’s licence and health card addresses.