

# Moving Checklist

## Where do I start?

To make your move as seamless and stress-free as possible, we've put together this quick guide to help you transition to life at Parkland.

Moving isn't easy. Over time, we tend to collect items that bring back precious memories. Sometimes, removing these items from our home can be stressful. Here are a few tips to help make it a bit easier.

### 1. Use your new space as a guide for what to keep

Think about your new space and what you will need to make it comfortable. Everything else can be stored in a storage locker, sold second-hand or passed on to relatives or friends.

### 2. Don't tackle your entire home all at once

Go room by room or tackle a few pieces of furniture at a time. You'll be amazed by how good you feel after dealing with the old junk drawer!

### 3. Get rid of the big things first

It is expensive and sometimes unnecessary to haul big pieces of furniture with you to a new place. Think about the necessities: do I really need those extra guest beds and dressers?

### 4. Use the two-year rule for clothes

If you haven't worn something for two years, it's a good sign that you won't miss it too much. Donate or sell the clothing that's been hiding in the back of your closet.

### 5. Set deadlines

If a family member wants one of your belongings, set a date for them to pick it up. After that date passes, donate it or sell it online or at a yard sale.

### 6. Ask for a second opinion

If there's something you're having trouble parting with, ask a friend what they would do in your position.

### 7. Use a labelling system

Labelling what needs to go where, be it the curb, a friend or a charity, will help keep you organized and reduce stress.



### Did you know?

You can purchase a mail forwarding service from Canada Post. Register at [canadapost.ca/move](https://canadapost.ca/move)

