

## PACKING CHECKLIST

There's no getting around it – packing is no picnic. However, there are ways you can approach it in an efficient and organized manner to help alleviate the stress of moving and make the process less overwhelming.

You can also consider hiring a senior living moving specialist. They can help with the entire move from start to finish. They will look at your existing home, review measurements of your new living space, and assist in deciding what should be brought and what should be sold at an estate sale, donated or placed in long-term storage. They can also coordinate with a moving company, help pack and unpack, and set up your new apartment.

**ESSENTIALS BAG** Set aside a bag with a change of clothing, pajamas, medication, toiletries, and anything else they need for the first night. Just in case everything does not get unpacked, they have what they need immediately.

### HERE ARE OTHER PERSONAL ITEMS THEY WILL WANT TO MOVE INTO THEIR NEW PLACE:

- ☐ Toiletries
- ☐ Over the counter and prescription medications
- ☐ Photos and keepsakes
- ☐ Purse or wallet
- ☐ Sentimental jewelry or items worn daily like a watch
- ☐ Eyeglasses
- ☐ Hearing aid
- ☐ Cane, walker, or wheelchair
- ☐ Legal and financial paperwork (keep copies)

#### FURNITURE

- ☐ Bed
- ☐ Side table and lamp
- ☐ Dresser
- ☐ Small sofa
- ☐ Recliner or chairs
- ☐ Table or desk

#### ENTERTAINMENT ITEMS

- ☐ Television
- ☐ Computer/iPad

# MAKING THE MOVE

- ☐ Chargers
- ☐ Audio system or radio
- ☐ Books
- ☐ Hobby supplies

**CLOTHING** – casual, comfortable items they will wear every day, in good shape with no stains or rips

- ☐ Tops and bottoms
- ☐ Light sweater or sweatshirt
- ☐ Rain jacket or heavy jacket
- ☐ Hats, gloves, scarves
- ☐ Underwear and socks
- ☐ Pajamas
- ☐ Robe and slippers
- ☐ Comfortable shoes

**DÉCOR** – include personal items and photos

- ☐ Plants
- ☐ Pictures
- ☐ Storage boxes and organization items
- ☐ Books
- ☐ Clock or alarm clock
- ☐ Mirror

**HOUSEWARES** – a few small kitchen items for a snack or cup of coffee

- ☐ Kitchen supplies
- ☐ Coffee maker

- ☐ Small selection of plates, cups, bowls, and mugs
- ☐ Towels
- ☐ Linens
- ☐ Hangers
- ☐ Hamper
- ☐ Small tool kit
- ☐ A grabber to reach high shelves
- ☐ Extended shoehorn

**CLEANING SUPPLIES** – Most senior living communities provide both housekeeping and laundry services. But for small, unexpected messes or quick clean-ups, keep a few items on hand.

- ☐ Broom and dustpan
- ☐ Surface wipes or multipurpose spray
- ☐ Stain removal stick
- ☐ Paper towels and kitchen towels
- ☐ Dish soap

**PET SUPPLIES** – Bring a few supplies so their pet feels at home, too

- ☐ Food and water bowls
- ☐ Pet bed and blanket
- ☐ Dog crate or cat litter box
- ☐ Food and treats
- ☐ Favorite toys
- ☐ Collar and/or leash
- ☐ Pet medications