



LONG DISTANCE MOVING CHECKLIST

for Atlantic Canada

Your 8-week guide to a smooth, stress-free move across Atlantic Canada.

Proudly Moving Families & Businesses Across Atlantic Canada

MONCTON • HALIFAX • FREDERICTON
SAINT JOHN • CHARLOTTETOWN



8 WEEKS BEFORE MOVING

- Research long distance movers and request quotes.
- Create a moving budget and timeline.
- Declutter your home—donate, sell, or dispose of items.
- Inventory your belongings.
- Review and compare moving estimates and services.



6 WEEKS BEFORE MOVING

- Book your long distance movers.
- Order moving supplies.
- Notify your employer (if applicable) and discuss time off.
- Start gathering important documents (medical, financial, legal, etc.).
- Research your new city and neighborhood.



4 WEEKS BEFORE MOVING

- Notify service providers of your upcoming move (internet, TV, insurance, etc.).
- Submit a mail forwarding request with Canada Post.
- Update your address with banks, credit cards, and subscriptions.
- Confirm details with your movers and review the inventory list.
- Plan travel and accommodations (if driving or flying).



3 WEEKS BEFORE MOVING

- Transfer or cancel utilities for your move-out and move-in dates.
- Update your address with government services and important contacts.
- Continue packing non-essential items.
- Make arrangements for pets or plants during the move.
- Check the weather forecast for your move window.



2 WEEKS BEFORE MOVING

- Confirm your moving details with your moving company.
- Pack remaining items you don't use daily.
- Label all boxes clearly by room and contents.
- Notify your children's school (if applicable) and request records.
- Prepare an essentials box with items you'll need first.



1 WEEK BEFORE MOVING

- Reconfirm travel plans and accommodations.
- Pack the rest of your belongings.
- Clean your home and schedule any final maintenance.
- Check that all paperwork and important documents are together.
- Charge devices and back up important files.



MOVING DAY

- Do a final walkthrough of your home.
- Make sure all boxes are loaded and items are accounted for.
- Keep important documents and valuables with you.
- Thank your movers and confirm contact information.
- Start your journey to your new home!



ARRIVAL DAY

- Check inventory and inspect for any damage.
- Set up utilities (power, water, internet).
- Unpack essentials and get settled in.
- Update your driver's licence and vehicle registration.
- Explore your new community and get comfortable!



CARE YOU CAN TRUST

Your belongings are handled with care from start to finish.



LOCAL. EXPERIENCED. RELIABLE.

We know Atlantic Canada because we live here too.



WE GO THE EXTRA MILE

From Moncton to Halifax and beyond, we make your move easier.

Moving made simple.

RIVER CITY MOVING
PROUDLY SERVING ATLANTIC CANADA

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