



Senior Moving Checklist

Use this checklist to ensure no important items are missed during a senior move.

- Collect all important documents such as wills, powers of attorney, medical records, and financial paperwork.
- Gather all keys, remotes, garage openers, and mailbox keys.
- Locate hidden or sentimental valuables stored around the home.
- Remove photos tucked inside picture frames, albums, or books.
- Gather all medications and medical devices including chargers and accessories.
- Retrieve any items stored with neighbors or relatives.
- Check sheds, basements, and attics for stored or forgotten belongings.
- Remove or properly dispose of hazardous materials movers cannot take.
- Pack pet items such as food, medication, toys, and vet records.
- Prepare a labeled Day One essentials box with clothing, toiletries, chargers, bedding, and snacks.

Rose's Daughters uses a detailed moving checklist to ensure nothing is forgotten. If your family needs help with downsizing, packing, or full senior move management, we are here to help.