

## **Vieira Moving Checklist: Stress-Free Plan (From Prep to First Night)**

### **2-4 weeks before**

- Declutter: Keep / Donate / Dispose
- Update address & accounts (banks, subscriptions, deliveries, insurance)
- Plan utilities: internet, electricity, water, gas
- Measure access: doors, hallways, elevators, stairs (identify large items early)
- If access is tight, consider an external lift service

### **7-10 days before**

- Clean the new place before boxes arrive
- Plan furniture placement by room (faster unloading)
- Reduce perishables and plan fridge/freezer defrosting
- If you have kids/pets: prepare essentials and reduce moving-day stress

### **24-48 hours before**

- Pack a "First Night Kit": clothes, toiletries, chargers, meds, towels, bedding, snacks, toilet paper
- Keep valuables and key documents with you
- Take photos of cable setups (TV/router/PC)
- Empty, unplug and dry appliances properly (especially fridge)

### **Moving day**

- Final check: cupboards, storage, garage, balcony
- Take meter readings photos (water/electricity/gas)
- Label boxes by room + priority
- Set up first: bed, bathroom basics, and quick kitchen essentials