Senior Moving Day Essentials Checklist

Keep these items with the resident or a trusted companion, never in the moving truck.

Resident: _____ Move date: _____

Health and personal care

- [ ] Prescription medications and an up-to-date medication list
- [ ] Medical supplies needed during travel and the first day
- [ ] Eyeglasses, hearing aids, batteries and chargers
- [ ] Toiletries, personal care items and a change of clothes

Identification and communication

- [ ] Photo identification and applicable insurance cards
- [ ] Cell phone, charger and emergency contacts
- [ ] New community address, contact information and move-in paperwork
- [ ] Wallet, keys and essential documents

Comfort and daily routines

- [ ] Walker, cane or other regularly used mobility aids
- [ ] Water and appropriate snacks
- [ ] Favorite sweater, photograph or comfort item
- [ ] Sleepwear, slippers and bedtime essentials

NOTES & QUESTIONS

GOOD TO KNOW

Do not pack medications, regularly used medical devices, identification or irreplaceable valuables on the truck. Confirm medication arrangements with the community or care team.