

# Pre-Move Decluttering Checklist

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Use this simple checklist to help declutter your home before a move. Sort items into three categories: Keep, Donate/Sell, or Toss. Remember the '1-year rule': If you haven't used it in a year, you likely don't need it.

## General Tips Before You Start

- Have boxes or bins labeled: Keep, Donate/Sell, Trash
- Start with less sentimental areas like the garage or pantry
- Declutter room-by-room for a manageable process

## Kitchen

- - Expired food, spices, or canned goods
- - Duplicate utensils, mugs, or gadgets
- - Appliances you never use
- - Chipped or mismatched dishes

## Living Room

- - Old magazines, newspapers, or books
- - DVDs/CDs you no longer watch/listen to
- - Worn or unused decor
- - Excess throw pillows or blankets

## Bedrooms

- - Clothes you haven't worn in the past year
- - Shoes that are uncomfortable or out of style
- - Extra linens, blankets, or pillows
- - Old accessories (jewelry, belts, bags)

## Bathrooms

- - Expired makeup, medications, or toiletries
- - Towels that are thin or stained
- - Products you tried once and didn't like

### Office/Study

- - Outdated paperwork (shred securely)
- - Broken electronics or chargers
- - Office supplies you don't use
- - Old greeting cards or mail

### Garage/Storage

- - Broken tools or duplicates
- - Paint cans or chemicals you won't use
- - Holiday decor you didn't put up last year
- - Boxes you haven't opened since your last move

### Kids' Rooms (if applicable)

- - Toys they've outgrown
- - Clothes that no longer fit
- - Games or books they've lost interest in

### Final Step

- Schedule donation pickups (Goodwill, Habitat for Humanity, etc.)
- Sell valuable items via Facebook Marketplace, OfferUp, or a garage sale
- Arrange for trash or bulk pickup for anything else