

Worksheet 7: First-Day Packing Checklist

Goal: Help parents and children prioritize and organize the items that should be packed, moved, and accessed first to make moving day smooth and stress-free.

Section 1: Essentials Box / Bag (Items you'll need immediately at the new home)

Item	Packed (Y/N)
Medications / First Aid Kit	
Toiletries (toothbrush, soap, etc.)	
Clothing for first 1–2 days	
Important Documents (IDs, wills, medical records)	
Phone / Charger / Electronics	
Basic Kitchen Supplies (plates, utensils, coffee maker)	
Snacks / Water	
Keys / Garage / Storage Codes	
Money / Wallet / Credit Cards	
Other Personal Essentials	

Pro Tip: Pack a “first-day survival box” and keep it separate from movers’ boxes.

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Section 2: Quick Action Tasks

- ☐ Share moving schedule with family/siblings
- ☐ Assign responsibilities (packing/labeling/coordinating movers)
- ☐ Confirm transportation for pets and valuables
- ☐ Label boxes clearly with room and contents.
- ☐ Confirm movers or helpers arrive on time.
- ☐ Keep cash and important documents in a personal bag.
- ☐ Take pictures of electronics or furniture setup for easy reassembly.
- ☐ Check off essentials before leaving old home.
- ☐ One final walk-thru.
- ☐ Keep everyone updated on progress