

# Pre-Move Declutter Checklist

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Declutter before packing so you don't pay to move clutter. Work room-by-room in short sprints, sell valuable items quickly, and schedule donation/bulk pickups early.

## Supplies

- Bins/boxes: Keep, Donate, Sell, Recycle, Trash
- Labels/marker, sticky notes, tape gun
- Phone for photos + measuring tape
- Trash bags, shredder or shredding bag
- Basic packing: small/medium boxes, packing paper, bubble wrap

## Quick Rules

- Decide before you pack: nothing goes into a box until it's a keeper.
- Prioritize bulky/heavy categories first to reduce cost and effort.
- Use deadlines: list sale items within 48 hours; donate by weekend.
- If it hasn't been used in a year (and isn't seasonal/emergency), release it.
- Measure the new space; don't move furniture that won't fit.

## 1) Goals & Timeline (10 min)

- Set move date; back-calc declutter finish 2–4 weeks prior.
- Block daily 20–30 min sprints; assign roles if moving with others.

## 2) Staging Zones & Gear (10–15 min)

- Create five zones: Keep, Donate, Sell, Recycle, Trash (clearly labeled).
- Gather boxes, packing paper, tape, and a marker; set up a photo corner.

## 3) Kitchen Edit (30–45 min)

- Purge pantry/fridge; plan 'use-it-up' meals; recycle expired/odd sauces.
- Edit small appliances and duplicates; keep best set of utensils/containers.
- Reduce mugs/bottles; keep a realistic number for your household.

## 4) Closets & Bedrooms (30–45 min)

- Run a quick fit test; bag donate/sell immediately.

- Cull extra linens and worn towels; keep 2 sets per bed/person.
- Create a small keepsake box per person for sentimental items.

## 5) Living Areas & Décor (20–30 min)

- Review books/media/decor; keep favorites, release fillers.
- Decide on bulky furniture based on the new space measurements.
- Pre-sell lamps/side tables you won't need.

## 6) Garage/Basement/Storage (30–45 min)

- Edit tools (keep quality, release duplicates).
- Sort sports/seasonal gear; trim holiday decor to favorites.
- Dispose of paint/chemicals per local rules; don't move them.

## 7) Paperwork & Admin (15–20 min)

- File vital documents; shred old statements.
- Make utility change-of-address/transfer list; note shutoff dates.
- Collect manuals/warranties to leave for buyers/renters if applicable.

## 8) Donate & Sell Pipeline (20–30 min)

- Schedule a charity pickup/drop (date on calendar).
- List sale items with clear photos; set price bands and a discount deadline.
- Create a porch pickup plan (labels, envelopes for cash).

## 9) Hazardous/Bulky Disposal (10–15 min)

- Check local HHW (hazardous waste) and e-waste options.
- Arrange bulky item pickup or transfer station drop-off.
- Know what movers won't take (fuel, aerosols, opened chemicals).

## 10) Pre-Pack Reset (15–20 min)

- Pack an 'Essentials' suitcase per person + a Day-One box (labeled 'Open First').
- Remove donations/sales from home; clear staging zones.
- Photograph furniture/walls for reference before disassembly.