The Week Before You Move printable countdown

One small job a day, so the last week is not a panic.

1. **7 days before**
   Confirm movers or the truck and start packing things you use rarely. ☐
2. **6 days before**
   Pack the books, decor and anything you won't miss for a week. ☐
3. **5 days before**
   Arrange utilities for the new place and confirm internet installation. ☐
4. **4 days before**
   Pack the kitchen except for the basics and plan meals around what's left. ☐
5. **3 days before**
   Defrost the freezer and use up the fridge. Do the last big shop. ☐
6. **2 days before**
   Pack the bathroom and bedroom, leaving a bag for the first night. ☐
7. **The day before**
   Do a final clean, charge phones and pack a first-night box. ☐