



UP NORTH MOVERS

SENIOR DOWNSIZING CHECKLIST GUIDE

A practical planning resource for family members, caregivers and support people

Senior Moving • Downsizing • Packing • Relocation

HOW TO USE THIS RESOURCE

Print this checklist and work through the home room by room. Give every significant item a destination before packing begins. Use additional copies if necessary.

BEFORE YOU START

- Choose a target downsizing completion date.
- Measure the new home where possible.
- Identify major furniture that will move.
- Set up Keep, Family, Sell, Donate, Recycle/Dispose and Storage areas.
- Assign family responsibilities.

ENTRY & LIVING AREAS

- Sort coats and shoes.
- Review furniture.
- Sort books and magazines.
- Review electronics.
- Review artwork and decorations.
- Check drawers, cabinets and shelves.
- Remove duplicates.



DINING ROOM

- Review dishes.
- Review glassware.
- Review serving pieces.
- Review table linens.
- Choose furniture that fits the new home.
- Separate family heirlooms.

KITCHEN

- Remove expired food.
- Review duplicate dishes and cookware.
- Review small appliances.
- Review utensils.
- Review pantry items.
- Check cabinets and drawers.
- Separate specialty items that will move.

BEDROOMS

- Sort clothing.
- Sort shoes.
- Review bedding.
- Review furniture.
- Check dressers and nightstands.
- Check closets and under-bed storage.
- Separate sentimental items.



BATHROOMS

- Dispose of expired products.
- Reduce duplicate toiletries.
- Review towels and linens.
- Check cabinets and drawers.
- Separate medications for appropriate handling.

OFFICE & DOCUMENTS

- Collect important documents.
- Secure financial and legal records.
- Review filing cabinets.
- Identify documents requiring family or professional attention.
- Secure computers and digital storage devices.

BASEMENT / GARAGE / ATTIC

- Sort tools.
- Sort seasonal decorations.
- Review storage bins.
- Review sports and recreation equipment.
- Review lawn and snow equipment.
- Review old appliances.
- Check hidden storage and corners.

FINAL SORT

- Every major item has a destination.
- Family claims are resolved.
- Selling items have a deadline.
- Donation items are scheduled.
- Disposal is scheduled.



- Storage has a defined purpose and duration.
- Remaining items are reviewed before moving day.

DOWNSIZING PROGRESS TRACKER

Area	Started	Completed	Notes
Entry/ Living		☐	
Dining		☐	
Kitchen		☐	
Bedroom 1		☐	
Bedroom 2		☐	
Bathroom		☐	
Bathroom 2		☐	
Office		☐	
Den		☐	
Basement		☐	
Attic		☐	
Backyard		☐	
Garage		☐	
Other		☐	
Final Review		☐	

NOTES
