

# Stress-Free Dorm Move-In Checklist for Moms

## Your step-by-step timeline to a calmer college move-in day

### 8 Months Before Move-In

- Purchase moving bags
  - Buy air purifier
  - Get steamer or iron
  - Buy basic tool kit
- Organize first aid kit supplies
- Buy quick-dry towels (if color scheme chosen)

### 6-7 Months Before Move-In

- Choose dorm color scheme
- Coordinate décor with roommate
- Redeem credit card reward points for gift cards
  - Begin purchasing storage containers
    - Buy large area rug

### 4 Weeks Before Move-In (Planning Phase)

- Confirm move-in date and time slot
- Review dorm rules and prohibited items
  - Check housing amenities
- Connect with roommate about shared items
  - Create master packing list
  - Set move-in budget

### 3 Weeks Before Move-In (Shopping Phase)

- Buy dorm essentials
- Order online items
- Purchase Twin XL bedding
- Choose storage solutions
- Buy laundry and bathroom supplies

### 2 Weeks Before Move-In (Packing Phase)

- Wash new bedding and towels
- Pack non-daily use items
- Label bins and containers
- Create “First Night Essentials Box”
- Confirm shared roommate items
  - Start donation pile

### 1 Week Before Move-In (Final Prep)

- Review packing list
- Gather important documents
- Save or print move-in instructions
- Charge portable power banks
- Plan travel route or hotel stay
- Set aside move-in outfits

### Night Before Move-In

- Load car strategically
- Place First Night Box on top
  - Review instructions
  - Eat early dinner
  - Get plenty of rest
  - Take a deep breath

### Move-In Morning

- Arrive early
- Bring ID and paperwork
- Wear comfortable clothes
- Bring water and snacks
- Use rolling bins or carts
- Assign tasks to family members

### ♥ After Drop-Off

- Send encouraging text
- Give your student space
- Do something kind for yourself
- Celebrate this milestone