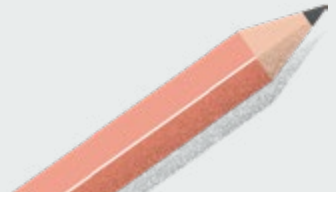


Checklist for a stress-free move



1. Organize the move

Find the moving company that best meets your needs;

or

Arrange to rent a truck and set a date with friends and family members to come and help you.

In both cases:

Find out the cost of insurance (for the truck or the movers' services) and what it covers;

Find out about any additional expenses relating to fuel and mileage in order to avoid unpleasant surprises.

If you hire movers, make sure that they provide all the necessary equipment.

If you rent a truck, make sure you have all the required moving accessories.

Here are the basics:

At least 10 blankets to cover your furniture and electrical appliances.

A few rolls of adhesive tape to keep the blankets in place.

Two moving harnesses to lift electrical appliances without hurting yourself.

Moving straps to hold furniture and boxes in place in the truck.

A dolly for transporting heavier furniture without strain.

Checklist for a stress-free move



2. Notify various organizations about your change of address at least two weeks prior to the move

Service québécois de changement d'adresse (SQCA)

On this website, you can notify all Quebec government departments and agencies about your change of address in a single step. Have your income tax return handy because you will need to enter certain information from it during the online change-of-address procedure.

<https://www.adresse.gouv.qc.ca/inscrire/FormulaireChangementAdresse.aspx?Etape=0&Lng=en>

Government of Canada

As in the case of the Quebec website, you can register your change-of-address for the federal government on this portal. However, be sure to register on the portal in advance, using your income tax return. You will then receive a code by mail, and it is only when you have this code that you will be able to finalize your change of address. It is therefore important to act in advance in order to receive this important notification in time!

<https://www.canada.ca/en/revenue-agency/services/tax/individuals/topics/about-your-tax-return/change-your-address.html>

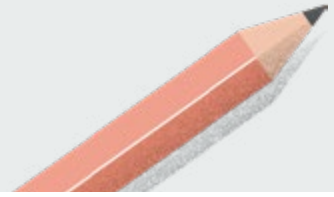
Home, auto and life insurance

You can complete our change-of-address form online.

Hydro-Québec

<http://www.hydroquebec.com/residential/customer-space/moving/change-address.html>

Checklist for a stress-free move



Telecommunications company (phone, Internet, television)

At the same time, set a date to hook up these services in your new residence.

Your financial institution

The procedures for changing your address with your bank and your credit card may not be the same. Find out the specific procedures for your financial institution.

Your employer

Your professional corporation

Your municipality, if you are a property owner and pay municipal taxes

Your school board, if you are a property owner and pay school taxes

Your child's or children's school(s)

Your neighbourhood library

Your newspaper or magazine subscriptions

Companies with which you have subscriptions or loyalty programs

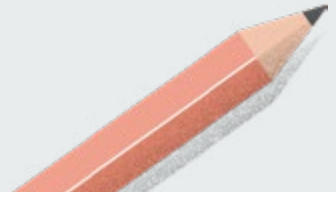
3. Pack boxes

Identify your boxes with small self-adhesive strips in different colours. Write the contents on each box and the room where it should go.

Pack a few boxes with your “essentials,” i.e. the things you will need the day of the move, such as your toothbrush, or your phone charger!

Sort out the things you no longer need. Why not give them to a charitable organization for the needy?

Checklist for a stress-free move



4. Make a game plan

Make two separate lists of objects to be taken down from the walls or dismantled.

First list: Items that can be taken down from the walls or dismantled before the moving day (e.g. shelves).

Second list: Items that should be taken down the morning of the move (e.g. your bedroom curtains).

Make a list of fragile things that you should move yourself (e.g. plants, frames, lamps etc.)

On the morning of the move, tell the movers where the furniture should go in your new residence. At the same time, establish the logical sequence for loading the furniture into the truck.