



# CONTINENTAL

SENIOR COMMUNITIES

## PACKING POINTERS & CHECKLIST

**Our best advice? To have a trusted family member or friend (or a group of them) help you prepare and pack, months in advance.** Pace yourself and give yourself time to de-clutter, sort and scale back to your favorite items, something that can feel good with enough time and a supportive team on your side. Look at this as a time to reaffirm your favorites and to keep what matters.

Once you sort through everything, you can always enlist a professional like our trusted partner, **Marketplace Homes**, to help you navigate showings, repairs, short or long-term leasing and the guaranteed sale of your home. You can also reach out to a solutions consultant with any questions at 800-281-2675.

If you don't know where to begin, someone from our team can visit your home and help you get started, talking with family members, providing tips on what other residents bring along, even providing a list of charities for donations, professional packing and moving services and more.

### In the meantime, some pointers to pack happy:



#### **SORT YOUR BELONGINGS, ROOM BY ROOM**

Make separate piles for giving away (label with name), donate, sell, throw away or keep. If you're not sure where to begin, someone from your senior living community can give you space and packing guidelines.



#### **SCHEDULE A TIME TO GET RID OF ITEMS**

Have family or friends help by picking up items you've gifted to them, taking items to be donated to charities or arranging for them to be picked up, or organizing a yard sale. If you're not sure where to begin, ask your Community Relations Director for references to charities that need items and can pick them up for you.



#### **PACKING SUPPLIES**

Make sure you have all packing supplies to get started: storage bins, boxes, plastic bags, trash bags, labels and markers OR hire a moving service to pack for you. If you're not sure who to call for packing and/or moving help, ask your Community Relations Director for references.

## **PACK & PLAN FOR YOU NEW SPACE**

Ask for a floor plan of your new residence, with measurements. Then measure your favorite furniture pieces to make sure they fit comfortably. You can also visit furnished models and take photos to get an idea of desired layout options.

## **FURNITURE**

We suggest touring a furnished model to get a feel for the space and furniture layout. You will also have room dimensions, so we encourage you to measure your furniture pieces to ensure the best fit.

- Bed (frame, box spring, mattress and bedding. Be sure to check your floor plan to confirm the size bed that will best fit your space).
- Nightstand
- Dresser and/or Chest of Drawers
- Seating (small sofa, chairs with arms, rocker)
- Small Kitchen Table and Chairs
- Side Table(s)
- Tall Console Table

## **KITCHEN**

This is most likely where you'll need to edit the most. Keep in mind you'll have a smaller kitchenette with plenty of space for one. You also have access to restaurant-style dining, with a menu and snacks prepared by a chef, so you probably won't need as many food prep materials as before.

- Ask if a Full-Size or Mini Fridge is included
- Ask if a Microwave is included
- One set of Pots and Pans with Lids
- Most Common Utensils (Spatula, Mixing Spoon, Ladle, Can Opener, etc.)
- Set of Drinking Glasses
- Dishes (Set of 4, Large, Lunch, Bowl)
- Serving Dish
- Coffee Cups and Saucers (Set of 4)
- Silverware (Set of 4)

- Mixing Bowls (set of 2)
- Set of Measuring Cups
- Hot Pad Holders
- Coffeemaker
- Electric Mixer
- Cookie Sheets (2)
- Cake Pans (2)
- Colander
- Cooling Rack
- Roaster
- Toaster



### **CLEANING SUPPLIES**

Ask about cleaning that comes standard or available cleaning services and what's included then pack accordingly:

- Dust Mop
- Surface Wipes
- Dish Towels
- Dish Soap
- Window Cleaner
- Duster or Dusting Cloths
- Bathroom Cleaner
- Laundry Basket
- Laundry Detergent
- Dryer Sheets



## **BATHROOM**

Set of bath towels\*

- Set of hand towels\*
- Set of washcloths\*
- Personal Care Items:
  - Toothbrush
  - Deodorant
  - Shower Soap
  - Hand Soap
  - Body Lotion
  - Shampoo
  - Shaving Equipment (if used)
  - Blow-dryer
  - Rollers, Hairpins or Curling Iron (if used)
  - Make-up or Cosmetics (if used)
  - Brush and Comb
  - Medications

*\* enough for 1-2 weeks to accommodate for laundry service schedule.*



## **DECORATIVE ACCESSORIES**

Make your space your own by adding personal style and comfort. Keep in mind the space you have, being sure to leave walkways open to prevent falling or tripping hazards.

- Rugs
- Clock(s)
- Art
- Pillows
- Lamps
- Baskets

Vases

Other Decorative Accessories



## **CLOTHING**

Clothing can be a source of comfort and security. So pack your favorite, most comfortable items, knowing that your entire wardrobe may not fit in your new space. Ask for guidelines on closet and storage space and add tags or write your initials or name on your clothing items to ensure they're returned to you from laundry service.

Dresses or Skirts

Knee-highs, Socks and Stockings

Pants

Short-sleeved Shirts

Long-sleeved Shirts

Sweaters

Athletic Wear

Sweatsuits

Underwear

Shoes

Slippers

Pajamas

Robe(s)

Coats

Hats

Scarves



## **ENTERTAINMENT & PERSONAL ITEMS**

We encourage you to surround yourself with your favorite things and things that allow you to continue your interests and passions. Make sure you or your loved one knows how to operate electronics or computer equipment. Have a plan for valuable jewelry, including leaving the most precious possessions with a family member or securing a safe or other secure storage options.

- Television
- Music System
- Journal or Writing Materials
- Computer or laptop
- Photo Albums
- Favorite Books
- Framed Photos
- Throw Blanket(s)
- Jewelry
- Small Safe
- Mementos