



Discover new styles of senior living.

Downsizing Belongings Checklist

Furniture

- Using a colored sticker, identify the main furniture, electronics and art that will be moved to the new home

Books

- Determine how much space for books you will have in the new space
- Define a number of books to keep and select only that number
- Recycle all newspapers and magazines

Kitchen (If your new home has a complete kitchen)

- Choose pots/pans, knives, equipment that you use min. 3 times/week
- Choose only one set of every day and one set of special use dishes
- Choose glasses and wine glasses that have a set. No single pieces
- Reduce serving dishes, cutting boards, mixing bowls, etc.
- Keep two vases, one short, one tall
- Keep one set of candlesticks

Pantry Items

- Check all labels for expiration dates. Toss expired and open items
- Donate to food banks anything not used regularly

Knickknacks & Photos

- Reduce, reduce, reduce. Keep only items that bring you daily joy
- Consider available surface area for framed photos
- Take photos out of frames and keep in an acid free photo book
- Photograph any item that you want to remember that you don't keep

Downsizing Belongings Checklist (Continued)

Children's Items

- Choose a few items to take with you that best represent each child
- Digitally photograph all other items that provide fond memories
- Invite your children to choose what they want to keep

Clothing

- Use the 3-pile rule: Keep, Toss, Donate
- Only keep clothing that fits well and makes you happy
- Toss items that are damaged or unwearable
- Donate all other clothing items

Bathrooms

- Toss all old and opened toiletry items that are not being used
- Safely dispose of unused medications
- Keep only good condition towels and only as many needed between laundry cycles

Attic, basement and garage (Items used infrequently)

- Choose a few objects for each celebrated holiday to only fill one box
- Choose a few tools for a basic tool kit
- Keep one set of luggage

Paperwork

- Organize your paperwork into file folders
- You are only required to keep tax records for five years. Box up to go through at the end of the process, or after the move
- Shred all documents before you dispose or recycle them

Remember to give the process of packing and reducing belongings plenty of time, to embrace and celebrate the emotions and memories that surface, and to provide support to enable the process to go smoothly.