

# Your **Guide** for a Successful **Move**

## THE TREASURE VALLEY

Boise | Meridian | Eagle | Kuna | Nampa | Caldwell | Fruitland | Ontario



Tips to stay organized and have a stress-free move.



**Saint Alphonse**



# Whether you are upsizing or downsizing, moving can be one of the most stressful times in life.

However, with a little forethought, a bit of due diligence and some good, old-fashioned organization, you can achieve a smooth transition into your new home without feeling completely overwhelmed.



## Inside This Guide

### A TIMELINE OF TIPS

With a healthier you in mind, Saint Alphonsus helps take the guess work out of how to prepare for an upcoming move — and what to do after you're settled in your new home. Use these tips for a successful, stress-free move.

### PRINTABLE WORKSHEETS

These check-lists and timetables provide an easy way to stay organized.

### WELCOME HOME!

You've made it through the hard part, congratulations! Now it's time to take a well-deserved deep breath and settle in to your new home. It's also time to get familiar with your surroundings, including where your nearest hospital is located.



## Preventing Injuries

When you are lifting, make sure to get close to the object you're about to raise, spread your feet shoulder-width apart and make sure to bend at the knees while keeping your back straight. Use slow and steady movements while you're working and avoid sudden, jerky movements that can injure your muscles. Also, beware of shoulder and knee sprains during push/pull movements.

## 8 WEEKS BEFORE YOUR MOVE!

### ☐ Sort through your stuff.

Don't need it? Toss it. Let go of unnecessary things to reduce clutter so you don't have to pack as much. Consider what's coming with you and what you can part with. Give those items away, sell them online or at a yard sale.

### ☐ Decide on the dollars.

Do you have a moving budget? If not, now's the time to make one. The cost of movers, moving supplies, truck rentals and new home furnishings can add up quickly. Get a binder or folder where you can keep all of your move-related paperwork in one place. You can also use your smart phone to jot down notes or download an app to help you stay on budget.

### ☐ Let the packing begin.

Don't wait until the last minute to pack! Give yourself and your family time to pack a few boxes at a time over the course of several weeks. Pack the bedroom and kitchen last, along with a "First Night Supplies" box with everything you need to get you through those first hours in your new place.

### ☐ Book your helpers.

Reserve your moving truck and any movers — including friends and family — that you may need.

#### - MOVING TIP -

Boxes on a budget! Ask your local grocery store if you can have their empty apple boxes, which tend to be extra sturdy and may include dividers. They are great for breakable items like kitchen glasses. You can also ask your local wine and spirits store for free boxes.



## 4 WEEKS BEFORE YOUR MOVE!

### ☐ Change your address.

Notify the United States Postal Service of your move date so you'll continue to get your mail once you've officially changed addresses. Also consider any credit cards, loans or insurance agents that need to be aware of your new address.

### ☐ Notify local deliveries.

Switch community newspapers, magazine subscriptions and catalogs to your new address.

### ☐ Transfer services.

Let your utility, internet and cable companies know to transfer services to your new home.



## 2 WEEKS BEFORE YOUR MOVE!

### ☐ Prepare for last-minute packing

Purchase any additional move materials needed for the last items to be packed. Plan for extra time to safely wrap fragile things like glasses and dishware.

### ☐ Tie-up loose ends.

Now is time to throw out household chemicals, inspect your current living space and make any final repairs before your move. Think about how to involve the kids and consider any last-minute pet needs. Lastly, make sure the moving truck has a place to park.

### ☐ Find a safe place for your valuables.

Go through all your paper documents and valuables and arrange for anything important to be kept in a safe place. For example, your passport, birth certificate, bankbooks, marriage certificate and anything else of value.

### - MOVING TIP -

#### Materials on a budget!

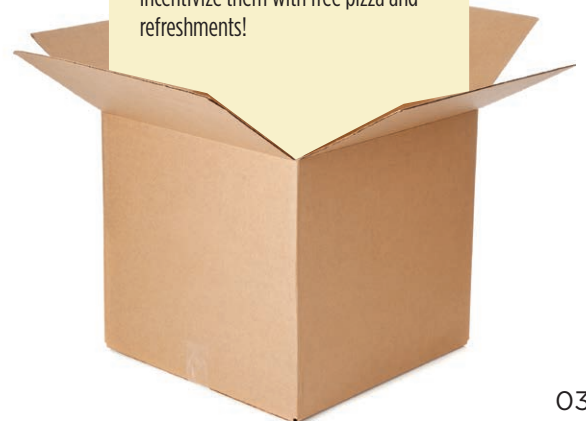
Good substitutes for store bought packing paper are old newspapers and magazine pages.

#### Need help packing?

Have a packing party! Invite some friends and/or family over and make an occasion of it.

### - PRO TIP -

Incentivize them with free pizza and refreshments!







# MOVING DAY!

## ☐ Stay calm and breathe deep.

You're in the home stretch! Breathe a sigh of relief. Try to relax by smiling to yourself (and others) while relaxing your eyes, mouth and releasing the tension in your shoulders. This is a helpful exercise to ease powerful muscle tension and encourage a relaxed state of mind. Take a deep breath in and exhale slowly.

## ☐ Keep your energy up.

Aside from being stressful, moving can be exhausting. Therefore, it's important to eat a healthy meal to kick your day off right. Complex carbohydrates, like whole grains and vegetables, help with sustaining energy levels throughout the day. For breakfast, have some fresh orange juice, which contains vitamin C to help you burn fat to produce energy.

### - MOVING TIP -

**Prepare for the 1st day:** Be sure to pack a box that is easily accessible with the following essential items:

- Change of clothes
- Toiletries
- Clean sheets & towels
- Medications
- First-aid kit





# MOVING check-list

## PACKING

Sort through your stuff.

Create 4 piles: keep, donate, sell, trash.

	Sorted	Packed
Living room	<input type="checkbox"/>	<input type="checkbox"/>
Dining room	<input type="checkbox"/>	<input type="checkbox"/>
Office	<input type="checkbox"/>	<input type="checkbox"/>
Play room	<input type="checkbox"/>	<input type="checkbox"/>
Mud room	<input type="checkbox"/>	<input type="checkbox"/>
Bedroom 1	<input type="checkbox"/>	<input type="checkbox"/>
Bedroom 2	<input type="checkbox"/>	<input type="checkbox"/>
Bedroom 3	<input type="checkbox"/>	<input type="checkbox"/>
Bathroom 1	<input type="checkbox"/>	<input type="checkbox"/>
Bathroom 2	<input type="checkbox"/>	<input type="checkbox"/>
Kitchen	<input type="checkbox"/>	<input type="checkbox"/>
Laundry Room	<input type="checkbox"/>	<input type="checkbox"/>
Garage	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>

## BUDGET

Decide on the dollars.

	Cost	Confirmed
Moving services	\$	<input type="checkbox"/>
Truck rental	\$	<input type="checkbox"/>
Moving insurance	\$	<input type="checkbox"/>
Gratuities for professional movers	\$	<input type="checkbox"/>
Packing supplies (boxes, paper, bubble wrap, tape, scissors, markers, etc.)	\$	<input type="checkbox"/>
Moving equipment (dolly, hand truck, bungee straps, blankets, etc.)	\$	<input type="checkbox"/>
Storage unit rental	\$	<input type="checkbox"/>
Snacks, drinks and gifts for friends & family who help you move	\$	<input type="checkbox"/>

## NOTIFICATIONS

Change address, transfer services & notify local deliveries.

United States Postal Service	<input type="checkbox"/>
Voter registration	<input type="checkbox"/>
Diver's license	<input type="checkbox"/>
Social security	<input type="checkbox"/>
Tax info	<input type="checkbox"/>
Bank	<input type="checkbox"/>
Credit card	<input type="checkbox"/>
Pharmacy prescriptions	<input type="checkbox"/>
Electricity	<input type="checkbox"/>
Gas	<input type="checkbox"/>
Water	<input type="checkbox"/>
Friends & family	<input type="checkbox"/>
Internet	<input type="checkbox"/>
Cable	<input type="checkbox"/>
Lawn services	<input type="checkbox"/>
Trash	<input type="checkbox"/>
Local & national newspapers	<input type="checkbox"/>
Magazine subscriptions	<input type="checkbox"/>
Local club memberships	<input type="checkbox"/>
Alumni mailings	<input type="checkbox"/>
Netflix	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>

## QUICK TIPS

- ☐ Purchase any additional moving materials.
- ☐ Pack last minute items that will be needed the day of move. Keep these easily accessible.
- ☐ Confirm all moving arrangements with professionals or friends and family.
- ☐ Final walk through home to fix any minor damages that may have occurred during packing.



# WELCOME HOME

**It's official; you made it to your new home! Here's what to do next:**

- ☐ Update your driver's license, license plates and register to vote.
- ☐ Change all locks, alarm codes and garage door codes.
- ☐ If you haven't already, set up your cable, internet, phone service and other utilities.

**Settle in safely and make sure to:**

- ☐ Locate the nearest hospital.
- ☐ Find a new primary care provider. Find a new pediatrician for the kids. Have your medical records forwarded.
- ☐ Find a new dentist and have your dental records forwarded.
- ☐ If you have pets, find a local veterinarian.
- ☐ Note and keep handy emergency phone numbers — doctors' offices, poison control, police and fire department.
- ☐ Change batteries in the smoke detectors.

Did you know access to the region's finest health care is conveniently located in your neighborhood?

Saint Alphonsus is a four-hospital health system with the region's only Level II Trauma Center. With a network of more than 70 clinics throughout the valley, Saint Alphonsus provides care close to home, and available when you need it. Whether its family medicine, internal medicine or pediatrics, you can establish routine care for you and your entire family. And if you need care quickly, walk in to any of the 12 urgent care locations or log in online for a video visit with a provider from the comfort of your home.



**Saint Alphonsus**

To find a doctor or a location near you, call  
**(208) 376-DOCS**  
or visit  
**[SaintAlphonsus.org](https://www.SaintAlphonsus.org)**.



# WELCOME HOME check-list

## NEXT STEPS:

What to do next...



## IMPORTANT PHONE NUMBERS

Poison Control:

Police:

Fire Department :

Doctor's Office :

Cable & Internet:

Water & Sewage:

Electric:

Gas:

Handyman:

Helpful Neighbor:

Take a breath, you're in!

Change all locks, alarm codes  
& garage door codes

Locate the nearest hospital

Take time to adjust to your new surroundings

Flip the light switches, listen for & get to  
know the sounds of the house as you settle  
in it

Set up your utilities

Completed



Settle in safely...

Find a new primary care provider

If you have kids, find a new pediatrician

Have your medical records forwarded

Find a new dentist & have your dental  
records forwarded

If you have pets, find a local veterinarian

Keep handy emergency phone numbers  
(doctors' offices, poison control, police  
& fire department)

Change batteries in the smoke detectors

Completed





A. The 25-mile **Boise River Greenbelt** is one of Boise's most beloved parks. The tree-lined pathway follows the river through the heart of the city and provides scenic views, wildlife habitat and pedestrian access to many of the city's popular riverside parks. The Greenbelt also serves as an alternative transportation route for commuters.



B. Numbering about 16,000, Boise hosts one of the largest Basque communities in the United States. Boise area Basques are very proud of their unique heritage like all other Basque communities, but the Boise and Treasure Valley Basques have a unique area to call their own - **The Basque Block!** Located on Grove St. between S. Capitol Blvd and S. 6th St. in downtown Boise.



C. On Saturdays, **farmers markets** all over the Treasure Valley are bustling. Caldwell, Eagle, Emmett, Kuna, Boise, Middleton, and Nampa all have markets for people looking for locally grown produce, organic meats, specialty foods, or unique gifts made by Treasure Valley artists.



D. **Ridge to Rivers Trail System** provides a variety of hiking and mountain biking opportunities. Some trails are steep and require skill or stamina to negotiate, while others are more gradual and suitable for a wide range of abilities. For specific suggestions and locations, visit [ridgetorivers.org](http://ridgetorivers.org).



**E.** Located in beautiful Julia Davis Park, in the heart of Downtown Boise, **Zoo Boise** is one of the most popular attractions in Southern Idaho as well as a living science facility that is home to over 300 animals from 100 various species. Zoo Boise is a community treasure where more than 350,000 annual visitors of all ages can learn about our natural world and the importance of protecting and preserving it for generations to come. Zoo Boise is located at 355 Julia Davis Dr.



**F.** The **Idaho wine industry** has been a steadily growing community for the last 30 years with remarkable growth in the past decade. Idaho is home to more than 24 wineries, with more on the horizon. Schedule a tour, drop in for a tasting. Visit [visitidaho.org](http://visitidaho.org) for a listing near you.



**G.** **JUMP** (Jack's Urban Meeting Place) is a place for everyone to discover new possibilities and explore their potential. The park has an collection of antique farm machinery, an outdoor amphitheater, sweeping terraces, rooftop parks, meeting areas, play areas, and all with unique views of the city and the surrounding mountains. There are studios for dance, audio, visual, 3-D printing, and many other creative spaces available to everyone. [Jumpboise.org](http://Jumpboise.org)



**H.** **Rhodes Skate Park** is a 1.28-acre special use park located in west downtown Bosie near the Linen District. Local youth helped design the park, which features inline skating and skateboarding. The Park is open from sunrise to 11 p.m. 1555 W. Front Street, Boise.



I. Want to experience a classic slice of Idaho? Visit the [Western Idaho Fair](#) in the Fall. This list of things to do is extensive and fun: rock concerts, comedians, hypnotists, dog jumping events, petting zoo, acrobats, bmx stunt shows, robotic dinosaurs, carnival rides, competitions, and of course many delicious concessions! All the details are at [IdahoFair.com](#).



J. When you want to experience cowboy culture, look no further than Idaho's very own [Snake River Stampede](#) and [Caldwell Night Rodeo](#). Both rodeos are considered one of the top ten rodeos in the world. They feature all of the traditional rodeo events and each offer their own unique experience. The Snake River Stampede is held in July at the Ford Idaho Center in Nampa and the Caldwell Night Rodeo is held in Caldwell at the Caldwell Night Rodeo Grounds.



K. While [Boise State University](#) may be best known for its iconic Blue Turf, the university is Idaho's largest and fastest-growing research engine with students tackling real-world problems. The campus is located in the heart of Boise, across the river from downtown near the state's capital building.



L. Looking for some [artistic and cultural events](#)? You'll find installations, murals and public art around the city. Inspiration is everywhere with nationally-renowned theater and performing arts, including the Boise Contemporary Theater, Idaho Shakespeare Festival, Ballet Idaho, Idaho Dance Theatre, LED and Idaho's premier performing arts center the Velma V. Morrison Center.