

The Ultimate Nova Scotia Moving Checklist



MASSEY COASTAL GROUP | KW SELECT REALTY

Moving to a new home marks an exciting chapter in your life, whether you're relocating within Nova Scotia or arriving from elsewhere. At Massey Coastal Group, we understand that a successful move requires careful planning and organization. That's why we've created this comprehensive checklist to guide you through every stage of your move - from two months before to settling into your new Nova Scotia home.

This checklist is designed to eliminate stress, prevent overlooked details, and ensure your transition is as smooth as possible. We've included Nova Scotia-specific considerations to make your move to or within our beautiful province seamless.

Let's make your move a success together!

8 WEEKS BEFORE MOVING

Research & Planning

- ☐ Create a dedicated moving binder or digital folder for all documents
- ☐ Research and request quotes from at least three moving companies
- ☐ If relocating for work, check if moving expenses are tax-deductible
- ☐ Create a preliminary moving budget with contingency funds
- ☐ Start researching neighborhoods in your new area
- ☐ For families: investigate schools, childcare, and family services
- ☐ Research Nova Scotia healthcare registration requirements

- ☐ Check if your insurance policies transfer to Nova Scotia

Initial Organization

- ☐ Take inventory of your belongings (consider using a home inventory app)
- ☐ Photograph valuable items for insurance purposes
- ☐ Begin sorting items into keep, donate, sell, or discard categories
- ☐ Organize a garage sale or online listings for items you won't keep
- ☐ Start collecting free boxes from local businesses
- ☐ Begin using up frozen foods and pantry items
- ☐ Research pet transportation requirements if applicable
- ☐ Create a floor plan of your new home for furniture placement

Nova Scotia Considerations

- ☐ If moving to Nova Scotia from outside Canada, research import regulations
 - ☐ Check Nova Scotia driver's license requirements (90 days to exchange)
 - ☐ Review Nova Scotia tax differences that may affect your finances
 - ☐ If moving from outside the province, research the Nova Scotia Health Card application process
 - ☐ Download the Nova Scotia Power app to prepare for service transfers
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6 WEEKS BEFORE MOVING

Logistics Preparation

- ☐ Book your selected moving company or reserve a rental truck
- ☐ Purchase moving insurance for valuable items
- ☐ Order moving supplies (boxes, tape, markers, bubble wrap)
- ☐ Create a detailed floor plan of your new home
- ☐ Schedule time off work for moving day and settling in
- ☐ Book travel arrangements if moving long-distance
- ☐ Research self-storage options if needed

- ☐ Create a moving day playlist to keep energy high

Administrative Tasks

- ☐ If renting, give notice to your landlord
- ☐ Begin address change process for:
 - ☐ Canada Post mail forwarding service
 - ☐ Driver's license and vehicle registration
 - ☐ Health cards/MSI (Medical Services Insurance)
 - ☐ Voter registration
 - ☐ CRA tax documents
 - ☐ Social Insurance Number records
 - ☐ Passport
- ☐ Organize important documents (birth certificates, passports, etc.)
- ☐ Collect medical and dental records if changing providers
- ☐ Request school transcripts if changing schools
- ☐ Research requirements for updating wills and estate plans in Nova Scotia

Nova Scotia Considerations

- ☐ If moving from another province, research MSI eligibility (coverage begins on the first day of the third month after arrival)
 - ☐ Check if your professional credentials/licenses are recognized in Nova Scotia
 - ☐ Research municipal requirements and services in your new community
 - ☐ If moving to rural Nova Scotia, research well/septic systems if applicable
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4 WEEKS BEFORE MOVING

Service Transfers

- ☐ Schedule utility disconnections at your current home
- ☐ Arrange for utility connections at your new home:

- ☐ Electricity (Nova Scotia Power)
- ☐ Water
- ☐ Natural gas/oil heat
- ☐ Internet and cable
- ☐ Home security system
- ☐ Update your address for:
 - ☐ Banks and credit cards
 - ☐ Insurance policies (home, auto, life)
 - ☐ Investment accounts
 - ☐ Subscriptions and memberships
 - ☐ Online shopping accounts
 - ☐ Loyalty programs
 - ☐ Streaming services
- ☐ Transfer or cancel local memberships (gym, library, etc.)
- ☐ Set up mail forwarding with Canada Post
- ☐ Update pet microchip information and licenses

Packing Preparation

- ☐ Start packing non-essential items and seasonal items
- ☐ Create a clear labeling system for boxes (color-coded by room)
- ☐ Take photos of electronic setups before disconnecting
- ☐ Create an inventory sheet for each box
- ☐ Pack a "first night" box with essentials
- ☐ Make arrangements for special items (pianos, art, antiques)
- ☐ Prepare a detailed inventory of valuable items
- ☐ Consider climate differences in Nova Scotia when packing seasonal items

Nova Scotia Considerations

- ☐ Research waste collection schedules and recycling rules in your new community
 - ☐ If moving to coastal areas, research hurricane preparedness
 - ☐ Familiarize yourself with Nova Scotia winter driving conditions if applicable
 - ☐ Research local transportation options in your new community
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2 WEEKS BEFORE MOVING

Final Arrangements

- ☐ Confirm details with your moving company
- ☐ Get your vehicle serviced if driving a long distance
- ☐ Refill prescriptions and gather medical records
- ☐ Return library books and borrowed items
- ☐ Collect items from dry cleaners, repair shops, etc.
- ☐ Arrange for childcare or pet care on moving day
- ☐ Confirm travel arrangements if moving long-distance
- ☐ Create a moving day survival kit (snacks, water, chargers)
- ☐ Prepare a detailed moving day schedule

Home Preparation

- ☐ Begin cleaning your current home as you pack
- ☐ Disassemble furniture that requires it
- ☐ Take photos of your empty current home (for security deposit)
- ☐ Donate unopened food to local food banks
- ☐ Properly dispose of hazardous materials (paint, chemicals)
- ☐ Schedule professional carpet cleaning if required
- ☐ Repair any damage in your current home
- ☐ Reserve elevator if moving to/from an apartment
- ☐ Arrange parking for the moving truck at both locations

Nova Scotia Considerations

- ☐ If moving during winter, have winter emergency supplies ready
 - ☐ Research local Nova Scotia banks if you need to switch
 - ☐ Familiarize yourself with Nova Scotia healthcare options
 - ☐ Research local services (grocery delivery, home services)
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1 WEEK BEFORE MOVING

Final Packing

- ☐ Pack an essentials box for each family member
- ☐ Prepare a moving day kit with snacks, water, first aid supplies
- ☐ Finish packing most household items
- ☐ Create a "do not pack" zone for essential items
- ☐ Empty, defrost, and clean refrigerator and freezer (24 hours before)
- ☐ Disassemble remaining furniture
- ☐ Take photos of your fully packed home for inventory
- ☐ Back up your computer files
- ☐ Charge all electronic devices

Final Notifications

- ☐ Confirm all address changes and service transfers
- ☐ Notify friends and family of your new address
- ☐ Withdraw cash for moving day (tips, unexpected expenses)
- ☐ Arrange for final meter readings on utilities
- ☐ Pre-pay recurring bills that might arrive during your move
- ☐ Schedule a final walk-through of your new home
- ☐ Confirm internet installation date at your new home
- ☐ Create a list of important local numbers for your new community

Nova Scotia Considerations

- ☐ Download the Nova Scotia Emergency Measures Organization app
 - ☐ Check Nova Scotia road conditions if moving during winter
 - ☐ Join local community Facebook groups for your new area
 - ☐ Research nearby essential services in your new community
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DAY BEFORE MOVING

Last-Minute Preparations

- ☐ Pack personal overnight bags for each family member
- ☐ Set aside important documents and valuables to transport personally
- ☐ Confirm arrival time with movers
- ☐ Prepare clear directions to your new home for movers
- ☐ Finish defrosting and cleaning refrigerator
- ☐ Disconnect and drain washing machine
- ☐ Remove batteries from electronics
- ☐ Take photos of empty rooms for proof of condition
- ☐ Prepare appliances for moving (tape doors shut, remove glass)
- ☐ Gather all keys, garage door openers, and access cards
- ☐ Clean your current home

Final Checks

- ☐ Double-check drawers and closets for forgotten items
 - ☐ Confirm that utilities are scheduled for connection
 - ☐ Verify payment method for movers
 - ☐ Prepare detailed instructions for movers about fragile items
 - ☐ Set aside cleaning supplies for final touch-ups
 - ☐ Arrange for early check-in at your new home if possible
 - ☐ Get a good night's sleep!
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MOVING DAY

Before Departure

- ☐ Do a final walkthrough of your home
- ☐ Check that all windows and doors are locked
- ☐ Take final meter readings and photos for records
- ☐ Provide movers with clear instructions
- ☐ Keep important documents and valuables with you
- ☐ Give your contact information to the movers
- ☐ Supervise loading of the moving truck
- ☐ Clean empty rooms one final time
- ☐ Turn off lights, lock doors, and set thermostat
- ☐ Say goodbye to neighbors

At Your New Home

- ☐ Arrive before the movers if possible
 - ☐ Verify utilities are working
 - ☐ Check for any damage to your new home before movers arrive
 - ☐ Create a floor plan for furniture placement
 - ☐ Direct movers where to place furniture and boxes
 - ☐ Inspect items as they come off the truck
 - ☐ Note any damage to your belongings
 - ☐ Assemble beds and make them first
 - ☐ Unpack bathroom essentials
 - ☐ Set up your kitchen basics
 - ☐ Install new locks or change existing ones
 - ☐ Test smoke detectors and replace batteries if needed
 - ☐ Locate water shut-off valve and circuit breaker panel
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FIRST WEEK AFTER MOVING

Getting Settled

- ☐ Unpack by room, starting with kitchen and bedrooms
- ☐ Flatten boxes as you go and store or recycle them
- ☐ Arrange for carpet cleaning or house cleaning if needed
- ☐ Test all appliances, heating, and cooling systems
- ☐ Check for leaks around sinks, toilets, and water heater
- ☐ Meet your neighbors
- ☐ Explore your new neighborhood
- ☐ Locate essential services:
 - ☐ Grocery stores
 - ☐ Pharmacies
 - ☐ Medical facilities
 - ☐ Banks
 - ☐ Gas stations
 - ☐ Post office
- ☐ Set up your home security system
- ☐ Childproof your home if needed

Administrative Follow-up

- ☐ If moving to Nova Scotia from another province:
 - ☐ Apply for Nova Scotia health cards within 90 days
 - ☐ Exchange driver's license within 90 days
 - ☐ Register your vehicle in Nova Scotia
- ☐ Update your address on any missed accounts
- ☐ Register to vote at your new address
- ☐ Register with a local doctor and dentist
- ☐ File for moving expense deductions if eligible

- ☐ Update your emergency contacts
 - ☐ Review your moving inventory to ensure everything arrived
 - ☐ File insurance claims for any damaged items
 - ☐ Write reviews for your moving company
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FIRST MONTH IN YOUR NEW HOME

Community Integration

- ☐ Explore local parks and recreation facilities
- ☐ Visit your local library and get a library card
- ☐ Join community organizations or religious institutions
- ☐ Find local service providers (doctor, dentist, vet, etc.)
- ☐ Establish routines for shopping, exercise, etc.
- ☐ Update your GPS with frequent destinations
- ☐ Try local restaurants and cafes
- ☐ Attend community events to meet people

Home Establishment

- ☐ Consider changing air filters
- ☐ Program your thermostat
- ☐ Create a home maintenance schedule
- ☐ Start a list of home improvement projects
- ☐ Take photos of your new home for insurance
- ☐ Create an emergency evacuation plan
- ☐ Update or create your home inventory

Nova Scotia-Specific Integration

- ☐ Visit your nearest Access Nova Scotia center for government services
- ☐ Explore Nova Scotia's beautiful coastline and parks
- ☐ Learn about local festivals and events

- ☐ Consider joining tourism groups to discover local attractions
 - ☐ Research winter preparation if moving before the season
 - ☐ Connect with local business networks if applicable
 - ☐ Discover local farmers' markets and food sources
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NOVA SCOTIA-SPECIFIC CONSIDERATIONS

Government Services

- ☐ Register with Nova Scotia Health within 90 days of arrival
- ☐ Visit Access Nova Scotia for driver's license and vehicle registration
- ☐ Apply for the Nova Scotia Child Benefit if eligible
- ☐ Register for HST rebates if eligible
- ☐ Update your address with Elections Nova Scotia

Local Resources

- ☐ Download the Halifax Transit app if in HRM
- ☐ Register for emergency alerts through Alert Ready
- ☐ Find your nearest Service Canada location
- ☐ Locate your municipal offices for local services
- ☐ Research Nova Scotia energy efficiency programs
- ☐ Find your local MLA and MP offices

Seasonal Considerations

- ☐ Prepare for Atlantic Canadian weather patterns
 - ☐ If in a rural area, research snow clearing services
 - ☐ Consider hurricane preparedness for coastal areas
 - ☐ Research flood risk in your area if applicable
 - ☐ Learn about power outage preparedness (common in storms)
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HELPFUL CONTACTS AND RESOURCES

Essential Services

- **Emergency:** 911
- **Non-Emergency Police:** (Check local numbers)
- **Health Link:** 811
- **Nova Scotia Power Outages:** 1-800-428-6230
- **Access Nova Scotia:** 1-800-670-4357
- **Service Canada:** 1-800-622-6232

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Useful Nova Scotia Websites

- **Nova Scotia Health:** www.nshealth.ca
- **Access Nova Scotia:** www.novascotia.ca/sns/access
- **Nova Scotia Power:** www.nspower.ca
- **Nova Scotia Emergency Management Office:** www.novascotia.ca/emo
- **Property Valuation Services Corporation:** www.pvsc.ca
- **Nova Scotia Weather Alerts:** www.weather.gc.ca



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This document is provided as a courtesy to assist with your move. While we strive to provide accurate and comprehensive information, this checklist should be used as a general guide only.

THE ULTIMATE NOVA SCOTIA MOVING CHECKLIST (1)