



What Do I Do on Moving Day?

Your No-Stress Guide to Getting In,
Getting Settled, and Not Forgetting
Your Toothbrush



Moving into college is exciting, chaotic, sweaty, and a little overwhelming!

No matter how you are arriving, this guide helps you stay cool, dodge rookie mistakes, and start the year strong—with snacks and a screwdriver.



Pre-work: Stuff to do Before You Get There

You don't want to be that person at check-in.

- Double-check your move-in time slot and location
- Bring any required forms or student ID
- Know what's provided in your dorm (bed size, furniture, etc.)
- Look for info on elevators, carts, parking passes, and where families can help unload

Screenshot your check-in email in case Wi-Fi fail.





Pace Yourself: Unpack in Phases, Not Panic Mode

You don't need to finish everything in the first hour.

- Start with essentials: bedding, toiletries, power strip, fan
- Then move to organization: drawers, closet, under-bed storage
- Last: decorations and vibes
- Pack a 24-hour bag—and swipe to the end for a quick checklist.

Make your bed first. It instantly makes the room feel calmer—and gives you somewhere to collapse later.





Tools & Tricks That Save the Day

Some MVPs for smooth moving:

- Scissors or box cutter
- Trash bags (for trash and packing materials)
- Command hooks/strips for decor
- Disinfecting wipes (wipe down surfaces before loading them up!)
- Surge protector / extension cord
- Reusable water bottle & snacks (because HANGRY is real)

Label your boxes by category and room side if you have a roommate. No one wants to open every bin looking for their shampoo.





Meet People– Even If You’re Introverted

**It’s weird at first. That’s normal.
Say hey anyway.**

- Introduce yourself to your roommate
- Wave or say hi to neighbors
- Smile at the RA—they’re your go-to for everything
- Open your door while unpacking. It makes it easier for others to say hi.

Hey, I’m [Name]—want help with anything?” goes a long way.





Goodnight, But First...

You'll thank yourself later for getting this done now.

- Plug in and connect your devices to Wi-Fi
- Make sure your phone is charging
- Fill out your room condition checklist so you don't get charged later
- Set an alarm for the next day—just in case your sleep schedule's off

If your room feels weird, move things around. You're allowed to make it yours.





Your First 24-Hour Essentials Kit

Don't dig through 10 boxes. Keep this in a backpack or easy-access bin:

- Bedding + pillow
- Phone charger
- Toothbrush, toothpaste, deodorant
- Shower caddy + towel
- Medications, glasses/contacts
- Pajamas & change of clothes
- Reusable water bottle
- Snacks (granola bars, trail mix, candy—no shame)

Pack this like you're staying overnight in a hotel... where you also have to assemble furniture.





Last but Not Least...

Moving day is a lot, but it's also a fresh start.

Don't stress about perfection. You don't need to get it all right—you just need to show up, be kind to yourself, and take it one box (or drawer) at a time.

Also: everyone forgets something. That's why Target exists.



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