



Moving Out Guide

Because adulting starts with boxes, budgets, and a lot of Googling

Step 1: Prep Your Mindset

- ☒ You don't have to know everything—just be willing to learn
- ☒ Independence is a process, not a personality trait
- ☒ Ask for help, take breaks, and celebrate small wins

Step 2: What to Plan Before You Go

Housing

- ☐ Lease signed or housing confirmed
- ☐ Rent amount + due date
- ☐ Utilities setup (electric, water, internet)
- ☐ Renter's insurance (optional but smart)

Budget Basics

- ☐ Monthly income vs. expenses
- ☐ Emergency fund started
- ☐ Grocery, gas, and fun money planned
- ☐ Budget tracker or app downloaded

Packing Essentials

- ☐ Bedding, towels, laundry basket
- ☐ Dishes, utensils, basic cookware
- ☐ Toiletries, cleaning supplies
- ☐ Important documents (ID, insurance, bank info)
- ☐ Chargers, power strips, light bulbs

Step 3: Life Skills to Brush Up On

-  Laundry: sorting, washing, drying, folding

- 🍳 Cooking: 3 go-to meals + food safety basics
- 🧼 Cleaning: bathroom, kitchen, floors
- 📞 Phone calls: scheduling appointments, asking questions
- 🧠 Problem-solving: what to do when things go wrong

💬 Step 4: Emotional Prep

- ☐ Create a support system (friends, family, mentors)
- ☐ Know your coping strategies for stress
- ☐ Set boundaries with roommates or family
- ☐ Make space for joy—decorate, celebrate, personalize

🎨 Printable Ideas to Pair With This Guide

- "Moving Out Checklist"
- "First Apartment Budget Template"
- "Life Skills Bingo"
- "Roommate Agreement Scroll"
- "Emergency Info Card"
- "Packing Planner" with categories and checkboxes

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