Assisted living packing checklist

What to bring, room by room, plus the first-night box and what to check with the community first. Rules differ by community and state, so cross off anything the community provides or doesn't allow.

Parent: Community: Move-in day:

Before you pack
Ask the community in writing

- [ ] What does it provide? A bed, curtains or blinds, towels, a small fridge, a TV?
- [ ] What isn't allowed? Get the written list.
- [ ] Can you hang pictures, and with what?
- [ ] Do clothes need labels? Does the community label them?
- [ ] How often is personal laundry done, and when does it come back?
- [ ] How are medications handled on the first day?
- [ ] Measure the apartment and the furniture. Draw it on the floor plan with a 36-inch path from the bed to the bathroom and the door.

Bedroom

- [ ] Bed with their own mattress, if allowed and not provided
- [ ] Two sets of their own bedding that fit the bed
- [ ] Favorite blanket or pillow
- [ ] Small dresser and a nightstand with a drawer
- [ ] Reading lamp, placed where it was at home
- [ ] Clock with large numbers
- [ ] Nightlights for the path to the bathroom
- [ ] Laundry bag or hamper (ask if provided)

Clothes
Current season only

Days between laundry returns _____ + 3 to 4 spares = _____ everyday outfits

- [ ] Everyday outfits: washable, elastic waists, easy closures
- [ ] Underwear and socks: the same number, plus a few
- [ ] 2 to 3 cardigans or fleeces for layering
- [ ] Pajamas: laundry cycle + 1 to 2, and a robe
- [ ] 1 to 2 pairs of slippers, closed back, non-slip sole
- [ ] 1 to 2 pairs of shoes, slip-on or hook-and-loop
- [ ] 1 to 2 outfits for events, church, family dinners
- [ ] Coat, hat and gloves for the season
- [ ] Care labels checked: leave dry clean only and hand wash items with family

Kitchenette
Ask which appliances are allowed

- [ ] Favorite mug, 2 plates, 2 bowls, 3 to 4 glasses
- [ ] Small set of forks, knives and spoons, a can opener
- [ ] Dish soap, sponge, dish towel, small drying rack
- [ ] Favorite tea or coffee, snacks, drinks for visitors
- [ ] Coffee maker or electric kettle, only if allowed
- [ ] Small fridge plugged straight into a wall outlet, never an extension cord

Living area

- [ ] Favorite chair, easy to get out of
- [ ] Small table and 1 or 2 chairs for visitors
- [ ] Small TV and remote, if not provided
- [ ] Books, puzzles, music or a hobby kit
- [ ] Small plant, if allowed
- [ ] Hooks or picture strips the community allows

Paperwork and medical

- [ ] Copies of what the community asks for:
  - ☐ doctor's admission forms ☐ medication list
  - ☐ insurance cards ☐ emergency contacts
- [ ] Phone, chargers and important numbers in large print
- [ ] Glasses, hearing aids and spare batteries
- [ ] Walker, cane or wheelchair, with a name label
- [ ] Medications: hand over as the community asks, never in a moving box
- [ ] Medical oxygen: ask the supplier to set up service at the new address
- [ ] Original legal papers stay with the family member who manages them

Bathroom

- [ ] Toiletries in their usual brands
- [ ] Towels and washcloths (ask if provided)
- [ ] Shower caddy
- [ ] Nightlight

Check with the community first

Often restricted. Compare with the community's written list.

Item	Why it's often restricted	Allowed?
Space heater	Fire risk. Anything that can burn should stay 3 feet away.	☐ yes ☐ no
Extension cords, power strips	Overheating, trip hazard	☐ yes ☐ no
Candles, oil lamps, incense	Open flame	☐ yes ☐ no
Throw rugs and small area rugs	Trip hazard	☐ yes ☐ no
Portable bed rails	Can trap people. Ask the community and a health care provider.	☐ yes ☐ no
Toaster, hot plate, kettle, coffee maker	Some communities allow them, some don't	☐ yes ☐ no
Coffee table, ottomans, extra chairs	Block walking paths	☐ yes ☐ no
Valuable jewelry, heirlooms, cash	Loss and theft. Keep with family or in a safe deposit box.	☐ yes ☐ no
Original legal documents	Hard to replace. Bring copies if asked.	☐ yes ☐ no
Paint, solvents, propane, gasoline	Hazardous materials. Movers won't carry them.	☐ yes ☐ no

The first-night box

Rides in the car, not the truck

- ☐ Bedding and pajamas
- ☐ Toiletries and a towel
- ☐ Glasses, hearing aids and chargers
- ☐ Phone and charger
- ☐ The TV remote and a few photos
- ☐ Nightlight
- ☐ Medication instructions from the community
- ☐ First-morning bag:
  ☐ favorite mug ☐ coffee or tea ☐ a few snacks

How much fits

- ☐ Furniture drawn on the floor plan first, with a 36-inch path
- ☐ No coffee table, ottoman or extra armchair in a walking path
- ☐ Current season only. Other seasons wait in labeled bins with family.
- ☐ Everyday things 15 to 48 inches off the floor, within easy reach

Every item explained in the full guide: parentmoveplan.com/guides/what-to-bring-to-assisted-living/. General information for organizing a move. It is not legal, financial or medical advice.

Comfort and memory items

- ☐ Framed photos, where your parent can see them from the bed and the chair
- ☐ A photo of the bedroom at home, to copy the layout
- ☐ Calendar with large numbers
- ☐ Everyday or costume jewelry and a small box that locks
- ☐ One or two familiar kitchen pieces, like the mug from a trip
- ☐ A throw in the colors of a rug that has to stay home

Labeling

Your parent's name on everything

- ☐ Ask whether the community labels clothes, and in what format
- ☐ Iron-on or stick-on labels for most clothes, sew-in for favorites and coats
- ☐ Laundry marker for socks and underwear
- ☐ Same spot every time:
  shirts at the back of the neck or care tag, pants at the inside waistband, socks on the sole or cuff, coats inside the collar
- ☐ Glasses case, hearing aid case and charger
- ☐ Walker or cane, phone and chargers, TV remote
- ☐ Blankets, pillows and towels
- ☐ A photo of each item as you label it, for the inventory
- ☐ Boxes labeled by room and drawer, like "dresser, top drawer"
- ☐ Spare labels and a marker left in the dresser