



Oaks  
SENIOR LIVING

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# WHAT TO PACK

## FOR YOUR MOVE TO SENIOR LIVING

We've put together a helpful list for you to reference when packing for your upcoming move. While moving can sometimes be a long process, use this moving checklist as a jumping off point and add your own personal items you don't want to leave behind!



## **TOWELS & LINENS**

- 2 Complete Sets of Sheets & Pillow Cases,
- Blankets,
- Comforter or Quilt,
- At Least 2 Pillows,
- 3 Sets of Bath Towels, Hand Towels, & Washcloths,
- Clothes Hamper & Hangers,

## **SENSORY & ASSISTIVE AIDS**

- Glasses, Sunglasses, and Reading Magnifiers,
- Hearing Aids, Case, & Batteries,
- Cane, Walker, Chair, & Scooter,
- Nutritional Supplements,

## **TOILETRIES**

- Storage Box & Bag for Toiletries,
- Favorite Soap, Shampoo, Conditioner, & Hair Products,
- Favorite Lotions & Powder,
- Cosmetics,
- Razors, Shaving Cream, Toothbrush, Toothpaste, Floss, & Mouthwash
- Dentures, Partials, Cleaner, & Case,
- Nail File, Polish, Remover, Emery Board, & Clippers,
- Deodorant & Body Spray,
- Perfume, Colognes, & After Shave,
- Comb, Brush, Rollers, Pins, & Hair Dryer,
- Hand Mirror,
- Incontinence Briefs, Gloves, & Supplies,
- Q-Tips & Cotton Swabs,

## CLOTHING,

- At Least 7 Pairs of Underwear,
- At least 7 Shirts, and Bras,
- At least 7 Pairs of Socks, Hose, Etc.,
- Shoes – Consider Comfortable, Dress, & Slippers,
- Pajamas, Nightgown, & Robes,
- At Least 7 Outfits Including Shirts, Pants, Dresses, Etc.,
- Sweat Suits & Fitness Clothing,
- Belts, Suspenders, Scarves, Etc.,
- Hats, Wraps, & Gloves, Sweaters, Coats, & Jackets,

## FURNISHINGS & FAMILIAR ITEMS,

- Bed,
- Dresser,
- Paintings & Family Photos,
- Television & Remote,
- Clock & Stereo,
- Surge Protectors,
- Decorations,
- Sofa, Loveseat, Chair, and/or Recliner,
- Other Apartment Furnishings,
- Favorite Books & Knick-Knacks,
- Waste Container,



If you would like more information and resources on transitioning to senior living, please contact Oaks Senior Living.

[CLICK HERE](#)