



# Assisted Living Move-In Checklist

Comfort, familiarity, and just the right amount of home.

**One important tip before you start:** Every senior living community is different. Ask what is already provided before purchasing or packing supplies.

## Bedroom and Living Area

- ☐ Bed and mattress, if not provided
- ☐ Favorite comforter, pillows, and sheets
- ☐ Comfortable recliner or favorite chair
- ☐ Small dresser and nightstand
- ☐ Bedside lamp
- ☐ Television and remote
- ☐ Family photographs
- ☐ Favorite artwork or decorations
- ☐ Clock and calendar
- ☐ Small basket for personal belongings

## Clothing and Personal Care

- ☐ 7-10 days of comfortable clothing
- ☐ Pajamas and robes
- ☐ Underwear and socks
- ☐ Non-slip shoes and slippers
- ☐ Sweaters and seasonal outerwear
- ☐ Glasses and cases
- ☐ Hearing aids, batteries, and chargers
- ☐ Dentures and cleaning supplies
- ☐ Walker, wheelchair, or other mobility equipment
- ☐ Laundry basket and hangers

## Bathroom Essentials

- ☐ Shower curtain, liner, and hooks if the shower requires them
- ☐ Bath towels and washcloths
- ☐ Hand towels for each sink
- ☐ Hand soap for every sink
- ☐ Garbage can for each bathroom
- ☐ Shampoo, conditioner, and body wash
- ☐ Toothbrush, toothpaste, and grooming supplies
- ☐ Toilet paper, if not provided
- ☐ Tissues
- ☐ Personal incontinence products, if needed
- ☐ Shower chair, if approved and necessary

## Apartment and Personal Comfort

- ☐ Small garbage cans for bedroom and living areas, as appropriate
- ☐ Kitchenette hand soap and hand towel, if applicable
- ☐ Favorite books and hobbies
- ☐ Phone or tablet and charger
- ☐ Favorite snacks, if permitted
- ☐ Small refrigerator or microwave, if not already there
- ☐ Favorite photographs and keepsakes
- ☐ Nightlights, if approved

## Ask Before Bringing

Check the community's policies on medications, over-the-counter supplements, heating pads, electric blankets, space heaters, kitchen appliances, extension cords, and oversized furniture.

**Compass Care Tip:** Ask how laundry works. Some communities wash residents' clothing, while others charge separately or expect family members to help. Labeling clothing and personal belongings can prevent a lot of frustration later.

## The 10 Most Commonly Forgotten Move-In Items

- ☐ **1. Shower curtain, liner, and hooks** — Not every apartment provides them.
- ☐ **2. Hand soap for every sink** — Don't forget the kitchen or second bathroom.
- ☐ **3. Hand towels for every sink** — Especially guest bathrooms and kitchenettes.
- ☐ **4. Garbage cans for each appropriate area** — Bathrooms, bedroom, kitchen, and living areas.
- ☐ **5. Trash bags** — Bring the correct size for each can.
- ☐ **6. Toilet paper and tissues** — Confirm whether they're provided.
- ☐ **7. Phone chargers and hearing-aid chargers** — Easily forgotten in the rush.
- ☐ **8. Television remote and batteries** — Plus instructions for operating the television.
- ☐ **9. Hangers and laundry basket** — Especially if the community handles laundry.
- ☐ **10. Nightlights and a favorite pillow** — Small comforts can make the first night easier.

For Adult Family Homes and Memory Care, always confirm which items are supplied or permitted before purchasing them.

Whether you're just beginning to explore options or preparing for moving day, we're here to help you understand the choices, coordinate the details, and navigate the unexpected.

**Because aging is complicated. We're your Compass.**

**(509) 995-5554**

Call or text · [compasscarepro.com](https://compasscarepro.com)