

A FREE MTLPAGES GUIDE

The Complete Montreal Moving Guide

Eight weeks of preparation condensed into one printable list, including the things people most often forget.

Published by MTLPages
mtlpages.com
23 steps · 4 sections
Version 2026.08



READ THIS GUIDE ONLINE

mtlpages.com/guides/montreal-moving-guide/

What is inside

- 1 Eight weeks out: planning
- 2 Choosing and comparing movers
- 3 Written quotes and insurance
- 4 Declutter and dispose
- 5 Room-by-room packing plan
- 6 Elevator, parking and building rules
- 7 Moving week
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- 9 Address changes
- 10 Your first week in the new place

HOW TO USE THIS GUIDE

Work through the checklist in order. Each section is a stage of the process, and the steps inside it are things you actually have to do or decide. Tick them off as you go — the interactive version at mtlpages.com/checklists/moving-checklist-montreal/ keeps your progress in your browser.

The checklist

Start roughly eight weeks out. July 1 is a peak period in Quebec: book early.

1. BEFORE THE MOVE

- ☐ Compare several reputable moving companies
- ☐ Get written quotes for the same inventory
- ☐ Confirm the protection and insurance offered
- ☐ Declutter and dispose of what is not coming
- ☐ Plan packing room by room
- ☐ Reserve the elevator and parking at both addresses
- ☐ Check the building's rules

2. MOVING WEEK

- ☐ Finish packing and label the boxes
- ☐ Set aside valuables and documents
- ☐ Prepare an essentials kit and medication
- ☐ Reconfirm the time with the mover
- ☐ Prepare keys and access

3. MOVING DAY

- ☐ Take inventory before loading
- ☐ Photograph the condition of fragile items
- ☐ Take meter readings
- ☐ Do a final walkthrough
- ☐ Verify delivery and note any damage

4. AFTER THE MOVE

- ☐ Change your address: governments, bank, employer
- ☐ Transfer utilities and internet
- ☐ Update home insurance
- ☐ Update driver's licence and vehicle registration
- ☐ Update your health insurance card
- ☐ Update school and subscriptions

Calculators that go with this guide

Each calculator runs on the numbers you enter. None of them assumes a market price or predicts a rate.

Moving Cost Calculator Montreal

The total combines labour (movers × hours × rate) and your fixed costs. Many companies bill a minimum number of hours plus travel time.

mtlpages.com/calculators/moving-cost-calculator-montreal/

What the calculation assumes

- The hourly rate and hours are the ones you enter, not a market rate.
- Stairs, no elevator, carry distance and parking can all increase actual time.
- The basic protection a mover provides is not the same as full insurance coverage.
- July 1 is a peak period in Quebec and availability is limited around it.

The numbers to gather

Number of movers

Estimated hours

Hourly rate per mover

Truck / travel fee

Packing materials

Packing service

Storage

Insurance / valuation

Official sources

Amounts, thresholds, tariffs and deadlines change. This guide deliberately does not reproduce them, so it stays correct as it ages. Check the current figure at the source:

Canada.ca — Office of Consumer Affairs: moving

<https://ised-isde.canada.ca/site/office-consumer-affairs/en>

Québec.ca — Déménagement

<https://www.quebec.ca/habitation-territoire/demenagement>

Finding the right professional

MTLPages is a Montreal business directory. Browse verified local professionals for every step of this guide at mtlpages.com. We are a directory: we do not provide the services listed here and we do not take a position on which business you should choose.

NOTICE

This checklist is provided for information. Check the requirements of your building, your municipality and your insurer.

NOTICE

This guide is a general planning tool published by MTLPages (WEGAS Group Inc.). It is not legal, tax, financial, insurance or real-estate advice, it does not take your personal situation into account, and it does not replace a qualified professional. Procedures and requirements in Quebec change. Always confirm with the official source and with a professional before you decide anything.

Notes

Space to write down quotes, names, dates and questions as you go.