

How To De Clutter During House Move



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Declutter Smart and Move Light

Moving house is the perfect chance to declutter and lighten your load. In this guide, we walk you through proven strategies, key do's and don'ts, and answer common questions about decluttering before a move—so you save time, space, and money. Learn what to keep, toss, donate, or sell with ease.

What Is the Best Way to [Declutter Before Moving House](#)?

The most effective approach is to work room by room, starting early and sorting items into four key categories: keep, donate, sell, or discard. This helps you stay organised and focused throughout the process.

- Declutter in short, manageable blocks (e.g., 2-hour sessions)
- Begin with storage areas like the loft, attic, or garage
- Use the one-year rule: Have you used it in the last year?

How Do I Decide What to Keep or Get Rid Of When Moving?

Ask yourself: Have I used this recently? Does it add value? Will it fit in my new home? If the answer is no, it's probably time to let it go.

- **Keep:** Regularly used or sentimental items
- **Donate/Sell:** Items in good condition but rarely used
- **Discard:** Broken, outdated, or unused things

When Should I Start Decluttering for a House Move?

Start at least 4–6 weeks before your move to avoid last-minute stress. This gives you enough time to go through everything properly.

Weekly Plan:

- **Week 1:** Attic, shed, garage
- **Week 2:** Bedrooms
- **Week 3:** Kitchen
- **Week 4:** Living room

How Can I Declutter Quickly Before Moving?

Use the 4-box method: keep, donate, sell, and bin. Work fast using timers and make decisions without overthinking.

- Time sessions using a 30-minute countdown
- Trust your first instinct—don't debate every item
- Have [packing supplies](#) on hand to sort efficiently

What Should I Not Take When Moving to a New House?

Avoid moving anything broken, outdated, or that no longer fits your lifestyle. Save time and cost by leaving these behind.

- Expired products and pantry goods
- Clothes you haven't worn in over a year
- Single-use or unused kitchen gadgets
- Oversized furniture that won't fit the new space

Should I Sell, Donate, or Throw Away Unwanted Items?

Sell valuable items, donate good-condition ones, and discard anything damaged or unusable.

- **Sell:** eBay, Gumtree, Facebook Marketplace
- **Donate:** Charity shops, shelters, clothing bins
- **Discard:** Use council collection or a professional disposal service

How Can a [moving company](#) Help with Decluttering?

Professional movers can assist with packing, disposal, and even storage solutions. This saves you time and reduces moving day stress.

- Packing and labeling materials
- [Furniture dismantling](#) and clearance
- Transport and short-term storage

Do's and Don'ts When Decluttering Before the Move

DO'S:

1. Stick to the One-Year Rule for Your Closet

If you haven't worn it in the last year, let it go. Sort clothing into "Keep," "Donate," and "Unsure."

2. Measure Your New Living Space

Ensure your furniture fits before moving. You might need to reassign items to different rooms.

3. Organise the Essentials

Identify daily-use items early. Pack and label them separately for easy access on moving day.

4. Make a List

List essential items by room and stick to it. What's not on the list can likely be sold or donated.

DON'TS:

1. Don't Overestimate Your Capabilities

Decluttering is tiring. Work in sections and don't take on too much at once.

2. Don't Procrastinate

Begin now—waiting will only make the job harder. Start with easier rooms to build momentum.

3. Don't Go Out Buying Things First

Only purchase packing materials once you know what you're keeping. Decluttering first helps save money and space.

Conclusion

Decluttering before a move doesn't have to be overwhelming. With the right plan, it becomes a rewarding step toward a fresh start in your new home. Let go of what you don't need—and take only what truly matters.

? Ready to make your move clutter-free? [Contact us](#) or [get a free quote](#) today!