

Bow E3 Moving Day Checklist

Print this before moving day in Bow E3. It covers the London Borough of Tower Hamlets permit route, the access quirks of the local stock (victorian terraces, factory-conversion lofts and post-war estates) and the sign-off steps most people forget.

Four weeks before — book and confirm

- ☐ Confirm the move date, arrival window and both addresses in writing for your Bow E3 move.
- ☐ Match the van size to the property type — Victorian terraces, factory-conversion lofts and post-war estates.
- ☐ Ask London Borough of Tower Hamlets whether your street needs a parking dispensation or a suspended bay, and what notice it wants.
- ☐ Congestion Charge and ULEZ both apply here — check they are inside your written quote, not added later.
- ☐ Tell your landlord or agent the exact handover date and key-return time.
- ☐ Book the end-of-tenancy or pre-move-in clean for the day either side of the move.
- ☐ Start running down freezer food, cleaning products and anything that cannot legally travel in the van.

Two weeks before — permits, lifts and paperwork

- ☐ Apply for the London Borough of Tower Hamlets bay suspension or dispensation — most London councils want 5-10 working days.
- ☐ Book the lift, loading bay or service entrance with the building manager if your block has one.
- ☐ Access reality to plan around: Bow flyover red routes, market-day restrictions and gated conversion estates.
- ☐ Redirect post and update the E3 address on the electoral roll, bank, insurance and driving licence.
- ☐ Give energy, water, broadband and council tax the closing and opening dates for both properties.
- ☐ Register with a new GP, dentist and vet if you are leaving the area; arrange school or nursery transfers.

One week before — pack room by room

- ☐ Label every box with the destination room, not the room it came from.
- ☐ Pack a first-night box: kettle, mugs, chargers, bedding, toilet roll, medication, tools.
- ☐ Photograph the back of the TV and any flat-pack before you dismantle it.
- ☐ Drain the washing machine and fit its transit bolts.
- ☐ Take paint, oils, batteries and garden waste to a London Borough of Tower Hamlets reuse and recycling centre — the crew cannot legally load them.
- ☐ Set aside passports, valuables and jewellery to travel with you, not in the van.

The day before — final prep

- ☐ Charge phones and keep a paper copy of the crew's number and the new address.
- ☐ Defrost the fridge-freezer and towel it dry.
- ☐ Take meter readings at the old property and photograph them.
- ☐ Hold the loading space with cones or bins if kerb space near Bow Quarter, the former Bryant and May match factory is tight on the day.
- ☐ Strip the beds you are taking and bag bedding and clothes.
- ☐ Reconfirm the arrival window with the crew and the key-collection time with the agent.

Moving day — loading

- ☐ Walk the crew through the property first and flag fragile and do-not-load items.
- ☐ Protect carpets, stair noses, communal halls and door frames before the first box moves.
- ☐ Load heavy furniture first, boxes second, soft furnishings last.
- ☐ Keep the first-night box, paperwork and keys with you rather than in the van.
- ☐ Check lofts, sheds, gardens, balconies and every cupboard before the van pulls away.
- ☐ Final meter readings, lock up, hand back keys and get the handover confirmed in writing.

Moving day — unloading and sign-off

- ☐ Direct each box to its labelled room as it comes off the van.
- ☐ Build the beds first so the day can end even if boxes are still packed.
- ☐ Test the boiler, hot water, smoke alarms and the consumer unit.
- ☐ Take arrival meter readings and photograph them.
- ☐ Check items against your inventory and report any damage before the crew leaves.
- ☐ Flatten boxes and book a recycling collection or a clearance slot.

Bow local notes (E3)

- ☐ Nearest station for the crew: Bow Road (District, Hammersmith & City).
- ☐ Access landmark to navigate by: Bow Quarter, the former Bryant and May match factory.
- ☐ Housing stock: Victorian terraces, factory-conversion lofts and post-war estates.
- ☐ Parking and access: Bow flyover red routes, market-day restrictions and gated conversion estates.
- ☐ Council for permits, suspensions and waste: London Borough of Tower Hamlets.
- ☐ Local context: Roman Road market, Bow Quarter's match-factory lofts and canal-side streets.
- ☐ Neighbourhood scale (ONS Census 2021): 58,321 residents in 22,995 households, 84.5% of homes flats.

Need a crew in Bow? Get a free fixed quote at
helloservices.co.uk/moving-services/london/tower-hamlets/bow-e3

Source: ONS Census 2021 via Nomis (TS008, TS041, TS007A, TS044, TS054, TS003), MSOA geography. Figures cover the ONS neighbourhoods Bow North & Fish Island, Bow South, Bow West, Bromley-by-Bow East, Bromley-by-Bow West (E02000864, E02000866, E02000867, E02000871, E02000875) — the published geography that covers Bow, not the whole borough. Neighbourhood names: House of Commons Library MSOA Names (OGL).