

Forest Gate E7 Moving Day Checklist

Print this before moving day in Forest Gate E7. It covers the London Borough of Newham permit route, the access quirks of the local stock (bay-fronted victorian terraces, many split into flats, plus new-build near the station) 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 Forest Gate E7 move.
- ☐ Match the van size to the property type — Bay-fronted Victorian terraces, many split into flats, plus new-build near the station.
- ☐ Ask London Borough of Newham whether your street needs a parking dispensation or a suspended bay, and what notice it wants.
- ☐ ULEZ applies across all London boroughs — check the van is compliant and the charge is inside your quote.
- ☐ 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 Newham 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: Elizabeth-line-era demand, narrow streets and permit bays across the conservation areas.
- ☐ Redirect post and update the E7 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 Newham 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 Wanstead Flats 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.

Forest Gate local notes (E7)

- ☐ Nearest station for the crew: Forest Gate (Elizabeth line).
- ☐ Access landmark to navigate by: Wanstead Flats.
- ☐ Housing stock: Bay-fronted Victorian terraces, many split into flats, plus new-build near the station.
- ☐ Parking and access: Elizabeth-line-era demand, narrow streets and permit bays across the conservation areas.
- ☐ Council for permits, suspensions and waste: London Borough of Newham.
- ☐ Local context: Wanstead Flats on the doorstep and streets of tall Victorian terraces.
- ☐ Neighbourhood scale (ONS Census 2021): 32,820 residents in 10,407 households, 48.1% of homes flats.

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Source: ONS Census 2021 via Nomis (TS008, TS041, TS007A, TS044, TS054, TS003), MSAO geography. Figures cover the ONS neighbourhoods Forest Gate East, Forest Gate North, Forest Gate South, Forest Gate West (E02000714, E02000719, E02000720, E02000721) — the published geography that covers Forest Gate, not the whole borough. Neighbourhood names: House of Commons Library MSAO Names (OGL).