

Stratford E15 Moving Day Checklist

Print this before moving day in Stratford E15. It covers the London Borough of Newham permit route, the access quirks of the local stock (high-rise apartments with concierge, victorian terraces on the grove and estate blocks) 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 Stratford E15 move.
- ☐ Match the van size to the property type — High-rise apartments with concierge, Victorian terraces on the Grove and estate blocks.
- ☐ 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: Every tower needs a booked goods lift and loading bay; estate roads are camera-controlled.
- ☐ Redirect post and update the E15 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 Queen Elizabeth Olympic Park 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.

Stratford local notes (E15)

- ☐ Nearest station for the crew: Stratford (Central, Jubilee, Elizabeth line, DLR).
- ☐ Access landmark to navigate by: Queen Elizabeth Olympic Park.
- ☐ Housing stock: High-rise apartments with concierge, Victorian terraces on the Grove and estate blocks.
- ☐ Parking and access: Every tower needs a booked goods lift and loading bay; estate roads are camera-controlled.
- ☐ Council for permits, suspensions and waste: London Borough of Newham.
- ☐ Local context: Westfield, the Olympic Park and a skyline of new residential towers.
- ☐ Neighbourhood scale (ONS Census 2021): 28,224 residents in 10,391 households, 60.9% of homes flats.

Need a crew in Stratford? Get a free fixed quote at
helloservices.co.uk/moving-services/london/newham/stratford-e15

Source: ONS Census 2021 via Nomis (TS008, TS041, TS007A, TS044, TS054, TS003), MSOA geography. Figures cover the ONS neighbourhoods Stratford Central, Stratford East, West Ham & Stratford Park (E02000722, E02000725, E02000733) — the published geography that covers Stratford, not the whole borough. Neighbourhood names: House of Commons Library MSOA Names (OGL).