

Starting fresh? This checklist has everything you need.

Use it whether you just signed a lease or have been in your place for a while. Check items off as you go — or get the interactive version with Amazon links and progress tracking inside the Rediscovered Dad app at rediscovereddad.com.

KITCHEN

☐ Pots and pans set	☐ Silverware set
☐ Frying pan	☐ Serving spoon
☐ Saucepan	☐ Dish rack
☐ Baking sheet	☐ Dish soap
☐ Mixing bowls	☐ Sponges
☐ Cutting board	☐ Dish towels
☐ Knife set	☐ Paper towels
☐ Kitchen scissors	☐ Trash bags
☐ Can opener	☐ Trash can
☐ Bottle opener	☐ Food storage containers
☐ Wine opener	☐ Aluminum foil
☐ Peeler	☐ Plastic wrap
☐ Grater	☐ Parchment paper
☐ Colander	☐ Zip lock bags
☐ Measuring cups and spoons	☐ Oven mitts
☐ Wooden spoons	☐ Pot holders
☐ Spatulas	☐ Toaster
☐ Ladle	☐ Coffee maker
☐ Tongs	☐ Kettle
☐ Whisk	☐ Microwave (if not provided)
☐ Plates	☐ Basic pantry items (salt, pepper, oil, sugar)
☐ Bowls	☐ Dish detergent
☐ Cups and glasses	☐ Hand soap
☐ Mugs	☐ Paper plates and plastic utensils (for the first few days)

BATHROOM

☐ Toilet brush and holder	☐ Mouthwash
☐ Toilet paper and extra rolls	☐ Mirror (if not provided)
☐ Hand soap	☐ Medicine cabinet basics (pain reliever, antacids, bandages)

☐ Hand towels	☐ First aid kit
☐ Bath towels	☐ Nail clippers
☐ Washcloths	☐ Cotton swabs
☐ Shower curtain and rings (if not included)	☐ Cotton balls
☐ Bath mat	☐ Hair dryer
☐ Shampoo and conditioner	☐ Bathroom trash can and bags
☐ Body wash	☐ Toilet bowl cleaner
☐ Razor	☐ Bleach spray
☐ Toothbrush and toothbrush holder	☐ Scrub brush
☐ Toothpaste	☐ Air freshener
☐ Dental floss	

■ BEDROOM

☐ Bed frame	☐ Hangers
☐ Mattress	☐ Laundry hamper
☐ Mattress protector	☐ Alarm clock or phone charger
☐ Pillow and pillowcases	☐ Bedside lamp
☐ Sheets set	☐ Nightstand or small table
☐ Comforter or duvet	☐ Curtains or blinds
☐ Blanket	☐ Full length mirror
☐ Dresser or clothing storage	☐ Shoe rack or storage

■ KIDS' BEDROOM

☐ Bed frame and mattress (sized for child's age)	☐ Small bookshelf
☐ Mattress protector	☐ Storage bins for toys
☐ Pillow and pillowcases	☐ Laundry hamper
☐ Age appropriate sheets	☐ Curtains or blinds
☐ Comforter	☐ Desk and chair (if school age)
☐ Blanket	☐ Basic school supplies
☐ Dresser	☐ A few books
☐ Hangers	☐ A few toys or games
☐ Nightlight	☐ Comfort item (stuffed animal or specific blanket)
☐ Bedside lamp	☐ Their own designated drawer or shelf space

■ LIVING ROOM

☐ Sofa or seating	☐ Bookshelf or storage unit
☐ Coffee table	☐ Throw blanket
☐ TV and TV stand or mount	☐ Throw pillows
☐ HDMI cables	☐ Curtains or blinds
☐ Streaming device (if needed)	☐ Wall art or decor
☐ Floor lamp or table lamp	☐ Basic cleaning supplies
☐ Rug	

■ UTILITIES AND TECHNOLOGY

☐ Internet router and wifi setup	☐ Carbon monoxide detector
☐ Phone charger and extra charging cables	☐ Fire extinguisher
☐ Power strip or surge protector	☐ Basic tool kit (hammer, screwdrivers, pliers, measuring tape)
☐ Extension cords	☐ Picture hanging hardware
☐ Batteries in various sizes	☐ Light bulbs for all fixtures
☐ Flashlight	☐ Step stool or small ladder
☐ Smoke detector	☐ Doormat

■ LAUNDRY

☐ Laundry detergent	☐ Iron and ironing board (or clothing steamer)
☐ Fabric softener	☐ Drying rack for delicates
☐ Dryer sheets	☐ Stain remover
☐ Laundry hamper or basket	

■ CLEANING SUPPLIES

☐ Vacuum cleaner (or broom and dustpan)	☐ Microfiber cloths
☐ Mop and bucket	☐ Paper towels
☐ All purpose cleaner	☐ Trash cans for each room
☐ Glass cleaner	☐ Trash bags
☐ Bathroom cleaner	☐ Rubber gloves
☐ Toilet bowl cleaner	☐ Air freshener for each room
☐ Scrub brushes	

■ HOME OFFICE

☐ Desk and chair (if working from home)	☐ Stapler and staples
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☐ Desk lamp	☐ Tape
☐ Printer (if needed)	☐ Scissors
☐ Paper and notebooks	☐ File folders for important documents
☐ Pens and pencils	

■ SAFETY AND SECURITY

☐ Change all door locks on move-in day	☐ Building access cards obtained
☐ Spare keys made and stored safely	☐ Renter's insurance set up
☐ Door stopper or security bar	☐ Emergency contact list posted somewhere visible
☐ Window locks checked	☐ First aid kit
☐ Peephole checked	☐ Medications stocked up
☐ Mailbox key obtained	

■ FOOD AND GROCERY BASICS FOR DAY ONE

☐ Bread	☐ Juice boxes for kids
☐ Peanut butter	☐ Fruit
☐ Jelly	☐ Snacks for kids
☐ Cereal	☐ Pasta and sauce
☐ Milk	☐ Frozen pizzas
☐ Eggs	☐ Bottled water
☐ Butter	☐ Basic condiments
☐ Coffee or tea	

♥ ■ FOR THE KIDS

☐ Kids shampoo and body wash	☐ A movie or game they enjoy
☐ Kids toothbrush and toothpaste	☐ A nightlight in their room
☐ Kids towels and washcloths	☐ Pajamas to leave at dad's place
☐ Their favorite snacks	☐ A comfort item from home if possible
☐ Their favorite cereal	☐ Their own designated drawer or shelf space
☐ Juice boxes	

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