Maine Rent Increase Notice

Existing month-to-month residential tenancy

Fill out online

Notice and rental home

Notice date

Tenant names

Street address and unit

City, state, ZIP

Monthly rent change

Current rent + recurring charges (USD)

New rent + recurring charges (USD)

Monthly increase (USD)

Effective date

Beginning on the effective date shown above, the monthly rent and required recurring charges will change from the current amount to the new amount. All other rental agreement terms remain unchanged. This notice does not terminate the tenancy or demand possession.

Payment and explanation

Rent / fee breakdown and payment

Explanation (optional)

Landlord or authorized agent

Name

Email / phone

Mailing address

Landlord / agent signature

Keep a copy and record delivery.

Fill out online

Scan to open the Maine notice online.

Maine Rent Increase Guide

State rules, local requirements and practical examples

Reviewed November 13, 2026 | General information for landlords

Print only the pages you need
Print page 1 for the notice. Print pages 2-3 for this guide.

For an existing private residential tenancy. Fixed-term changes, assisted housing, mobile-home spaces and required local forms need a separate review. This guide explains selected rules; it is not a coverage determination or legal advice for a particular property.

Forty-five days ordinarily; 75 days at the 10% threshold

Maine 14 M.R.S. §6015 requires at least 45 days' written notice before increasing rent or mandatory recurring fees. Rent increases totaling 10% or more within 12 months require at least 75 days' written notice. The notice protections cannot be waived by agreement. The statute includes specified exceptions that must be checked for the actual property.

This tool uses 75 days for all ordinary monthly increases and asks for recurring charges in the total. That conservative choice does not replace a longer local rule. It also does not mean every increase below 10% is governed by a statewide 75-day minimum.

[1] Maine §6015 - rent and mandatory recurring fee increases

Use a rolling history, not just the latest percentage

Keep the old and new base rent, required recurring fees and dates of all changes in the preceding 12 months. A sequence of smaller changes can meet the threshold even when the last letter proposes less than 10%. Separate the statute's rent threshold from its notice coverage for recurring fees rather than assuming all labels are interchangeable.

Example: rent was $1,500, then rose to $1,575, and is now proposed at $1,650 within the relevant 12 months. The cumulative increase from $1,500 is $150 or 10%, so review the 75-day requirement. A local cap can prohibit the amount even if enough notice is given.

[1] Maine §6015 - rent and mandatory recurring fee increases

What to do before collecting

Confirm the lease, any program restrictions and the correct city. Prepare an itemized old-and-new cost comparison. Address the tenants, use an appropriate delivery method and keep evidence. If a local notice needs information missing from the form, add a compliant supplement before service.

Do not update the ledger to a disputed or premature amount merely because the letter was sent. Preserve the tenant's response and correct timing or calculation errors promptly. Keep the guide for your records and serve all documents actually required for the property.

Portland, Maine

Portland's official Rent Control FAQ lists a 2.2% Allowable Increase Percentage for calendar year 2026 for eligible covered units. Covered-unit increases are generally limited to once in 12 months, with rules for banked amounts and Board-approved adjustments; the ordinary annual percentage is not permission for every proposed increase.

The city requires at least 90 days' written notice for covered-unit increases. Required information includes the landlord's signature, tenancy start date, effective date, amount, reasons and remaining banked rent. A generic state notice may need a local supplement.

Check the registered unit, base-rent history and any exemption. A sale does not reset the previous increase date. Do not confuse Portland, Maine's system with Portland, Oregon's relocation rules.

[2] City of Portland, Maine - Rent Control FAQ

South Portland

South Portland requires 90 days' written notice and applies a 10% annual cap to covered units, subject to its ordinance's exemptions and procedures. Confirm the rental's coverage before assuming the statewide notice is sufficient.

The city's required notice information and tenant decision process also matter. Use the local resources and current code, particularly if an exemption or more than one increase is involved. A 10% local ceiling is not an automatic entitlement to charge 10% under a fixed lease.

[3] South Portland - rental housing code