Infinitive or -ing

Verb + -ing :

delay, fancy, consider, admit, miss, involve, finish, postpone, imagine, avoid, deny, risk, practise, enjoy, suggest, mind, give up, put off, carry on, go on, keep on, can't help /laughing/,dislike, can't stand.

verb + to:

offer, decide, hope, deserve, attempt, promise, agree, plan, aim, afford, manage, threaten, refuse, arrange, learn, forget, fail, seem, appear, tend, pretend, claim, decide, dare, want, ask, help, expect, beg, tell, remind, force, enable, teach, order, warn, invite, persuade, make, let.

both -ing + infinitive:

begin, start, intend, continue, bother, love, like, hate, can't bear /no difference in meaning/

difference in meaning:

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stop + ing = give up the activity /he stopped smoking/
stop + inf. = intent /he stopped to smoke = with the aim to smoke/
advise, recommend, encourage, allow, permit, forbid:
verb + -ing /without an object/
I recommend waiting

I recommend you to wait
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 $remember + -ing = I \ did \ it \ and \ now \ I \ remember \ /I \ remember \ posting \ the \ letter/$ $remember - to... = not \ to \ forget \ or \ to \ realise \ /please \ remember \ to \ post \ the \ letter/$

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regret + -ing = I am sorry about what I did /I regret saying it/
regret + to...= I'm sorry that I have to.../We regret to inform you.../
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go on + -ing = continue /He went on talking/ go on + to.. = do or say something new /After discussing it he went on to talk about economy/

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try + -ing = testing /try pressing the button
try + to.. = attempt, effort /I tried to move the table/
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need + -ing = something needs to be done /the floor needs cleaning/ need + to.. = it is necessary /I need to take more exercise/

NOTE: would is followed by infinitive: I would like to go.
I would like to have done something= I regret I couldn't do it