

Making Your Move Less Stressful... A Checklist to Make Sure Things Get Done

- 1) Contact a moving company and tell them the dates you plan to move. Set up a date for a representative to come over and survey your goods. Unless you're given a binding estimate, the cost can vary, depending on the actual weight of items and any extra services.
- 2) Decide if you are going to pack for yourself or have the movers do it.
- 3) Transfer or resign from organizations and associations.
- 4) Collect suitable containers & packing materials if you plan to do the packing yourself.
- 5) Start to use up things that can't be moved, such as frozen foods, canned goods, and flammable household aerosol cleaners. Buy only what you will use before moving.
- 6) Prepare a list of friends, relatives, business firms, and other who need to be notified of your move.
- 7) Consider having a garage sale to dispose of unwanted clothes or furniture.
- 8) Assemble packing materials:

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|---------------------------------|------------------|-------------------------|
| boxes | felt tip markers | large self-stick labels |
| newspapers | utility knife | packing tape |
| scissors | furniture pads | dolly |
| packing peanuts or bubble wrap. | | |
- 9) Pack an "Instant Aid" box containing things you'll need upon arrival:

| | | |
|---------------|--------------------|----------------|
| sponges | paper towels | paper plates |
| shelf liner | toothpaste | bath towels |
| light bulbs | hammer | trash bags |
| hand soap | toilet paper | scissors |
| utility knife | coffee cups | tea kettle |
| first-aid kit | snacks | pencil & paper |
| masking tape | powdered detergent | |

The above checklist is for informational purposes only & is not a substitute for legal, tax or other professional assistance.

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