

6-8 Weeks Before Your Move

- Contact Van Line Express to begin the quote process for the movement of your household goods.
- Determine which items you wish to take to your new residence. Items that you don't need should either be donated to charity or sold at a garage sale.
- If you plan on packing your own items, start collecting suitable packing supplies.
- Create a floor plan for the new residence that will ease the stress of making decisions once the furniture arrives.



- Now is the best time to make your travel arrangements (hotel, flights, car rental, etc.).
- Keep all receipts for moving related expenses in a designated moving folder. Many moving expenses are tax deductible.
- Insurance, medical and dental records should be placed in a safe, accessible place. Also include prescription and vaccination records. Plan on taking all vital documents such as: wills, stock certificates and other one-of-a-kind items (jewelry, coin collection, photos, etc.) separately.

4-5 Weeks Before Your Move

- Contact your personal Moving Coach and schedule your move date – it is always easier to change your move date than to schedule at the last second.
- Fill out a U.S. Postal change of address form.
- Close any local charge accounts. Since you will want to have your utilities still connected on moving day, arrange to have them disconnected after you are moved out.
- Take care of odds and ends. If necessary, arrange for a baby sitter on moving day. Also, remember to collect items that are being cleaned, stored or repaired.



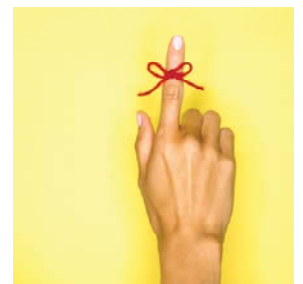
2-3 Weeks Before Your Move



- Do you have power? Call ahead to have utilities connected at your new home.
- Make final packing decisions. Start packing items you don't use often.
- Clean and clear your home, including basements and attics.
- Call your bank to find out how to transfer your bank accounts. Each year people move without clearing out their safety deposit boxes. Don't be another statistic. If you've hidden any valuables around the house, be sure to collect them before leaving.
- Dispose of flammable items such as fireworks, cleaning fluids, matches, acids, chemistry sets, aerosol cans, paint, ammunition and poisons such as weed killer.
- Drain all the oil and gasoline from your lawn mower and power tools to ensure safe transportation.

1 Week Before Your Move

- This is the time to tie up any loose ends. Check through this guide to make sure you haven't missed anything.
- Pack your suitcases and confirm your family's travel arrangements (flights, hotel, rental cars, etc.). Try to keep your plans as flexible as possible in the event of a change of schedule.
- Contact your personal Moving Coach and make sure the movers have the address and phone number where you can be reached if you are not going directly to your new home.
- At least one day before moving, empty, defrost and clean your refrigerator and freezer. If necessary, prepare your stove to be moved. Try using baking soda to get rid of any odors.



Questions? Call: 800-926-7356

Prepare your "First night survival kit"

These are great items to have along throughout your move to keep everyone as comfortable and happy... as possible.



Checklist:

Food/Kitchen supplies

- Snacks, sandwiches
- Bottled water
- Plastic plates, cups, utensils
- Can opener
- Paper towels
- Garbage bags

Toiletries

- Toothbrushes, tooth paste
- Soap, shampoo
- Toilet paper
- Contact lens case, solution
- Towels
- Hygiene products

Medication

- Prescription medicine
- First aid kit, bandages, peroxide

Tools

- Flashlights
- Candles, matches
- Screwdriver
- Pliers
- Scissors
- Light bulbs

Pet's items

- Food
- Leash
- Water dish
- Any medication

Clothing

- Clothing for a few days
- Sleeping bag, blankets

Children's items

- Baby food
- Diapers
- Favorite toys

Move Day

■ Strip your beds, and make sure the bedding goes into a "Load Last" box. You may want to clean before the furniture is unloaded, ensure the vacuum is packed last.



■ Make sure to have an adult authorized and present while the movers are there.

■ Accompany the driver as he or she inspects and tags each piece of furniture with a number. These numbers, along with a detailed description of your goods and their condition at the time of loading, will appear on the inventory.

■ It is your responsibility to see that all of your goods are loaded. Do not sign any releases without doing a thorough home inspection.

Get moving with...



After the Move

■ Got power? Check to make sure the utilities have been connected, and follow up on any delays.

■ Make sure your phone is connected. Ideally, the phone company should hook it up the day before move-in day.



■ Confine your pets to an out-of-the-way room to help keep them from running away or becoming agitated by all of the activity.

■ To prevent possible damage, televisions, stereos, computers, other electronic equipment and major appliances should not be used for 24 hours after delivery, allowing them time to adjust to room temperature.

You can't move that!

Here is a partial list of common household items movers will NOT ship

Acid	Kerosene lamp oil
Aerosols	Liquid bleach
Ammonia	Loaded weapons
Ammunition	Matches
Batteries	Motor oil
Car batteries	Nail polish remover
Charcoal	Open foods
Charcoal lighter fluid	Paints, paint thinner
Chemistry sets	Pesticides
Cleaning fluid	Plants
Cooking fuel	Poisons
Fertilizer	Pool chemicals
Fireworks	Produce
Frozen foods	Propane tanks
Gasoline	Weed killer

We hope you've found this guide useful. BUT... the VLE is the most surefire way to move stress free... [would you like your own personal Moving Coach to guide you through each step?](#) Call VLE today to sign up, it's FREE!

Sign up today: **800-926-7356** or visit www.vanlineexpress.com