




Moving Checklist

Notes:

1 week before the move

- If you have not yet started packing your home, call Meathead so we can get some packers to help you.
- Drain gas and oil from gas-powered tools such as lawnmowers-movers cannot move anything with gas and oil.
-  If you have young children, arrange for a babysitter (ON MOVE DAY), trust us on this one!
- Remove any fixtures (showerheads, faucets) you are taking with you, and replace if necessary.
- If moving long distance, empty and defrost your freezer, clean with a disinfectant, and let it air out.
- Leave your forwarding address/phone number with your home's new occupants in case problems arise.
- Be sure to pack up the essentials and take them with you. This simple checklist will ensure that you'll have just what you need the moment you enter your new home. Pretend like you are packing for a short vacation.

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| - Alarm Clock | - Flashlights |
| - Aspirin or pain reliever | - Light bulbs |
| - Basic cleaning supplies & paper towels | - Medications & eye glasses |
| - Bedding & linens | - Pet supplies |
| - Box cutter or knife | - Phone book |
| - Change of clothes | - Scissors |
| - Coffee maker or instant coffee & tea | - Screw driver |
| - Disposable plates, cups & eating utensils | - Snacks |
| - Extension cords & batteries | - Toilet paper |
| - First-aid kit | - Toiletries (soap, shampoo, razors) |
| | - Work gloves |

MOVING DAY

- Get a good stretch; wear some comfortable clothes and rest assured that you hired the # 1 rated moving company to take care of you and your move!
- Be accessible on your cell phone before the move: you can expect a confirmation call before crew gets dispatched from the Meathead Movers Headquarters.
- Be present to answer questions and give directions to the movers.
- Please remain present until the move is finished.



If, and only if, the Meatheads saved you a lot of money from the estimated price and handled your furniture with extreme care - you may want to tip our student athlete movers. Tips are greatly appreciated but not expected.

866-843-6328
MeatheadMovers.com
CAL P.U.C. T-189849