



## ORDERING IS EASY!

**1** Fill out quantities for each item you want to purchase.

**2** Include your:  
Name \_\_\_\_\_  
Phone \_\_\_\_\_

**3** Send your order by:  
**Fax:** 805-781-0872  
**Phone:** 866-843-6328  
**Online:** MeatheadMovers.com

Item	Size	Price	Quantity
<b>A</b> Small Box	16.75" x 12.5" x 12.5"	\$ 2.00	<input type="text"/>
<b>B</b> Medium Box	18" x 18" x 12.5"	\$ 3.00	<input type="text"/>
<b>C</b> Medium Large Box	18" x 18" x 24"	\$ 4.00	<input type="text"/>
<b>D</b> Extra Large Box	22" x 22" x 21.625"	\$ 6.00	<input type="text"/>
<b>E</b> Wardrobe Box & Bar	20" x 20" x 45"	\$ 13.50	<input type="text"/>
<b>F</b> Mirror Pack	37" x 4" x 30.5"	\$ 4.50	<input type="text"/>
<b>G</b> Dish Pack	18" x 18" x 27"	\$ 8.00	<input type="text"/>
<b>H</b> Cell Kit		\$ 10.00	<input type="text"/>
<b>I</b> Mattress Bag	King	\$ 5.00	<input type="text"/>
	Queen	\$ 5.00	<input type="text"/>
	Double	\$ 5.00	<input type="text"/>
	Twin	\$ 5.00	<input type="text"/>
<b>J</b> Tan Tape		\$ 1.50	<input type="text"/>
<b>K</b> Tape Gun		\$ 12.00	<input type="text"/>
<b>L</b> Bubble Wrap	250 sheets per roll	\$ 50.00	<input type="text"/>
<b>M</b> Newsprint	8.75 lbs.	\$ 7.50	<input type="text"/>
<b>N</b> Plastic Wrap	20" x 1,000ft.	\$ 17.50	<input type="text"/>



# Packing



## Top Reasons For Using Our Packing Services:

### We save you time.

Our efficiency and quality result in minimal down time allowing you to focus on more important things in your life.

### We're qualified.

All packers have been trained specifically for packing. Rest assured that your items will be packed safely.

### We're honest.

We have no hidden fees or unexplained charges. All clients receive a written "Not to Exceed" price from our Move Coordinators before the move.

### We're legendary.

Experience the comfort and satisfaction of our legendary, award-winning service.



PLACE INVENTORY TAG HERE	NAME	BED ROOMS
ORDER NUMBER		<input type="checkbox"/> MASTER
CONTENTS: Dishes		<input type="checkbox"/> FAMILY RM
		<input type="checkbox"/> LIVING RM
		<input type="checkbox"/> DEN
		<input type="checkbox"/> DINING RM
		<input type="checkbox"/> KITCHEN
		<input type="checkbox"/> BATH
		<input type="checkbox"/> BASEMENT
		<input type="checkbox"/> GARAGE
		<input type="checkbox"/> ATTIC
		<input type="checkbox"/> LAUNDRY RM

PLACE INVENTORY TAG HERE	NAME	BED ROOMS
ORDER NUMBER		<input type="checkbox"/> MASTER
CONTENTS: Serving platters Pitchers, glasses		<input type="checkbox"/> FAMILY RM
		<input type="checkbox"/> LIVING RM
		<input type="checkbox"/> DEN
		<input type="checkbox"/> DINING RM
		<input type="checkbox"/> KITCHEN
		<input type="checkbox"/> BATH
		<input type="checkbox"/> BASEMENT
		<input type="checkbox"/> GARAGE
		<input type="checkbox"/> ATTIC
		<input type="checkbox"/> LAUNDRY RM



(866) THE-MEAT

MeatheadMovers.com

# Packing Tips

**P**acking yourself can save you money. However, doing so also relieves the moving company of liability for breakage in self-packed boxes. For this reason, we provide the following tips to avoid damage to packed items.

*For more information about packing tips and supplies, visit our website at:*  
**MeatheadMovers.com**

## Before You Start

- Get started at least one full week in advance of your move date.
- Estimate how many and what size boxes and material (tape, paper, etc.) you will need. People tend to underestimate the number of boxes they need. Talk to your Move Coordinator for guidance.
- Obtain new, strong boxes and thick black pens for labeling. All packed boxes must have closed lids, allowing us to stack them properly in our moving truck. (Note: Meathead Movers can deliver boxes and supplies at low prices!)
- Packing is hard work. Avoid muscle pain and strain by:
  - Stretching out each day before you begin packing.
  - Dressing in cool, comfortable clothing.
  - Keeping plenty of water and snacks nearby.
  - Lifting with your legs, not your back
  - Taking a cool shower after packing. (A hot shower after exercising can cause your muscles to get sore.)



## How to Pack

### General Packing

- Put heavy items in small boxes and lighter items in large boxes.
- Heavier items should be packed at the bottom of the box and lighter items at the top.
- Wrap breakable items with blank newsprint or bubble wrap.
- Secure the top and bottom of each box with plenty of tape.
- Label all boxes by room and contents as detailed as possible. Write FRAGILE in big letters where appropriate.
- As you pack each room, stack the boxes neatly in one corner.
- Irreplaceable (i.e. heirlooms) or highly valuable items (i.e. financial records) should be packed and transported by you in your own conveyance. That way you have positive control and continuous custody of these items.
- Do not pack hazardous or flammable materials. Dispose of these or transport them separately.
- Purchase mattress bags for mattress AND boxsprings.

### Kitchenware

- Use a special box called a Dish Pack with an insert called a Cell Kit. This combination of reinforced box and dividers makes for a very secure container to hold dishes of all shapes and sizes. Wrap each item in blank newsprint before placing in the container.
- Do not pack any open containers of liquids.

### Pictures

- Use a special box called a Mirror Pack. These can be cut and taped to size.
- Wrap glass covered pictures with blank newsprint or bubble wrap.
- Never place paper on oil paintings.

### Lamps

- Pack the lamp shades in a separate box and dispose of the light bulb before your move. We recommend replacing light bulbs with more energy efficient bulbs upon moving into your new home.

## When You Finish

- Check all your boxes and make sure they are labeled by room and contents
- Stack your boxes in a corner in each room – this will save loading time and reduce your bill!