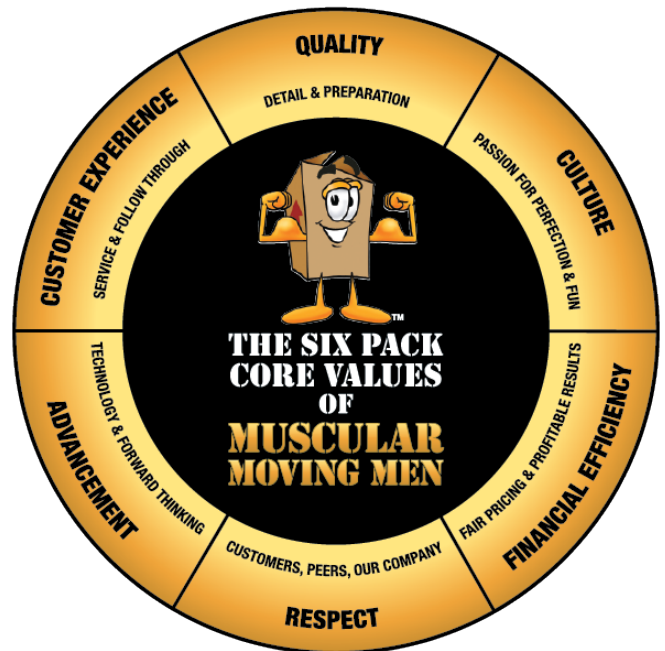


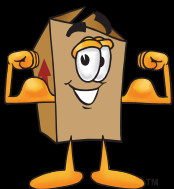
# MOVING DAY CHECK LIST

- ✓ Be completely packed (boxes should be filled completely and sealed with tape)
- ✓ Remove breakables and loose items from drawers (clothing can stay)
- ✓ Unplug all appliances and electronics that are moving (have a plumbing professional disconnect washers, dryers and water lines from refrigerators)
- ✓ Label boxes on top and sides clearly
- ✓ Change your address (here is the link to the official USPS site: [moversguide.usps.com](http://moversguide.usps.com))
- ✓ Get medical, vet and school records in order
- ✓ Order new utilities and disconnect current ones
- ✓ Take apart outdoor furniture and playhouses. Muscular Moving Men is happy to do this but our rates are hourly and this is a good way to easily save money
- ✓ Consider moving plants on your own
- ✓ Cancel or forward subscriptions to newsletters, newspapers and magazines
- ✓ Figure out meals for the day of and days surrounding your move
- ✓ Make arrangements for pets and children on moving day



- ✓ Make a “Do Not Move” box for items you will need to survive in your new home should go. Pack all prescriptions, toiletries, clothes for several days, pet food, contacts and other necessities. Act as though you are going on a trip for several days and pack accordingly
- ✓ Pack personal valuables like jewelry, watches, wallets, cash and check books and transport in your vehicle
- ✓ Use up as much of your refrigerated foods prior to moving day. Request coolers from Muscular Moving Men if you need help with refrigerated items
- ✓ Have clearly defined names for each room, such as “Master Bedroom” or “Baby’s room” and make sure boxes are labeled with their destination

**“CLIENT EXPERIENCE OBSESSED”**



**MUSCULAR  
MOVING MEN  
& STORAGE**

Call or go online today for a free estimate:

**877-4-FIT-MOVE**

**[www.MuscularMovingMen.com](http://www.MuscularMovingMen.com)**