



MOVING CHECKLIST

Be Moved by Champions!

STUDENT ATHLETE MOVERS

PREPARING FOR YOUR MOVE

- ☐ If you are going to pack yourself, get started, you have a loooong road ahead. Packing always takes longer than anticipated. Schedule Packers to help.
- ☐ Have a garage sale or plan a dump run for items you no longer need. The fewer items moved, the lower the moving cost!
- ☐ Plan your food purchases to have as little as possible in the freezer and fridge for move day. Meatheads will not move perishable items.
- ☐ Contact homeowner's insurance company to cancel current coverage or transfer existing coverage.
- ☐ Make arrangements for transporting pets and houseplants– Meathead Movers cannot transport these items.
- ☐ Transfer all drug prescriptions to a drugstore in your new town.
- ☐ If moving long distance and you are traveling by automobile, have it serviced.
- ☐ Cancel/transfer any residual delivery services such as newspapers, magazines, water, etc.
- ☐ Empty secret hiding places; remove valuables and spare house keys.



ONE WEEK BEFORE YOUR MOVE

- ☐ If you have not yet started packing your home, call Meathead so that Packers can be scheduled to help you.
- ☐ Drain gas and oil from tools such as lawnmowers-movers cannot move anything with gas and oil.
- ☐ 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 disinfectant, and let it air out.
- ☐ Leave your new 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. Pretend like you are packing for a short vacation.



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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 the 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 our Meatheads saved you time and money while handling your furniture with extreme care - you may want to tip those student athlete movers. Tips are greatly appreciated but not expected.



LET OUR MEATHEAD CONCIERGES HELP YOU

- ☐ Transfer utilities and services to your new home. A list of the utility company phone numbers is located at **MeatheadMovers.com**.
- ☐ Complete repair work on your old home and arrange for critical work needed at your new home.
- ☐ Contact your children's schools and arrange to have records transferred, if needed.
- ☐ Make banking arrangements in your new town and transfer security deposit box, if necessary.
- ☐ If moving long distance and traveling by automobile, have it serviced.
- ☐ If you have young children, arrange for a babysitter (ON MOVE DAY), trust us on this one!