

Ultimate Moving Guide

by: A Friend With A Truck



**A FRIEND
WITH A TRUCK**
— MAINE —

Your complete step-by-step checklist for a smooth, stress-free move.

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1–2 Months Before Moving

Cancel & Transfer Utilities

Contact current providers to schedule shut-offs for your move-out date, and set up service at your new home. Don't forget to provide your new mailing address for final bills.

Typical utilities to notify:

- Water & sewer
- Electricity
- Internet & cable
- Natural gas / propane
- Trash & recycling service
- Homeowners or renters insurance
- Landscaping, snow removal, and pest services
- Gym, local memberships, or recurring services

Give Proper Notice

Renters: Provide 30–90 days' notice (timing depends on your lease and local laws).

Schedule your move-out walk-through to protect your deposit.

Homeowners: Notify your HOA if required.

Sort & Declutter

Start reducing what you own—don't pay to move things you'll never use.

Create three piles:

- Keep
- Donate / Give Away
- Trash / Recycle

Sell bulky items like old couches, patio sets, grills, or damaged furniture. Large items often cost more to move than to replace.

Book Your Movers Early

For best pricing, book your movers 6–8 weeks before your move.

Tips:

- Get three quotes
- Check reviews, BBB, and USDOT registration (for interstate moves)
- Request a virtual or in-home estimate
- Ask if they provide a Certificate of Insurance (COI) for apartment buildings

Tip: If you prefer loading over several weeks, consider a PODS container or similar storage solution.

Check Parking Rules

Some cities require a temporary parking permit for moving trucks or containers.

Search terms to check:

“moving truck permit,” “street occupancy permit,” or “encroachment permit.”

A truck parked closer saves time and reduces your bill. Confirm:

- Allowed truck size
- Hours and days permitted
- Permit responsibility (you or the movers)

Get Packing Supplies

Whether you pack yourself or have us help, start gathering:

- Boxes (mostly medium size)
- Bubble wrap, packing paper
- Stretch wrap & moving blankets
- Tape + tape gun
- Sharpies & labels

Uniform boxes make loading faster and safer.

Start Packing

Begin with non-essentials. Follow these guidelines:

- Pack everything in boxes—avoid garbage bags
- Heavy items → small boxes
- Light items → large boxes
- Empty dressers before moving
- Use wardrobe boxes for hanging clothes
- Pack TVs and fragile items in specialty boxes

When to Consider Hiring a Downsizing Company

A downsizing company can be a valuable partner when you're preparing for a move—especially if you're transitioning into a smaller home, managing decades of belongings, or helping a family member relocate. These professionals specialize in sorting, organizing, and reducing household items in a way that's efficient, respectful, and stress-free.

You may want to hire a downsizing service if:

- You feel overwhelmed by the volume of items you need to sort through.
- You're short on time and need help getting your home move-ready quickly.
- You're assisting an older relative with a major life transition.
- You want expert guidance on what to keep—and what can be sent to consignment shops, donation centers, online selling platforms, or auction houses.
- You want hands-on support—many downsizing companies will pack your items, box everything up, and even unpack and set up your new home for you.
- You prefer a structured, step-by-step plan to simplify your move.
- You want someone to coordinate the extra services—many downsizing companies can schedule and manage junk removal, hire cleaners, and even coordinate with your movers to streamline the entire process.

Hiring a downsizing team before moving day ensures you're only taking what truly belongs in your next chapter—saving time, lowering moving costs, and making your transition into your new home smoother and more organized.

Update Your Address

Notify:

- USPS
- Banks and credit cards
- DMV
- Employers (W-2)
- Schools and medical providers
- Subscription services
- Friends & family

Request Time Off

Moving day will be busy—avoid working, appointments, or commitments.

Arrange sitters for kids and pets if possible.

Eat Through Your Pantry

Use up frozen and perishable items to reduce what you need to transport.

Moving Week

Confirm All Reservations

- Moving company
- Truck rental
- Portable container delivery
- Storage units

Warn Neighbors

If a truck may block driveways or streets, let neighbors know in advance.

Confirm New Utilities

Make sure electricity, water, heat, and internet will be active when you arrive.

Deep Clean the Old Home

Clean walls, floors, cabinets, and patch small holes.

If moving out of a rental, consider a professional cleaning to secure your deposit.

Pack Your Essentials Bag

Keep these with you:

- Toiletries
- Medications
- 1–2 outfits
- Chargers
- Important documents
- Snacks and water
- Kids' items & bedtime essentials

The Day Before

Remind Neighbors

Give one last heads-up if vehicles need to be moved.

Get Cash for Tipping

Movers work hard. Standard tips:

- 15–20% of total cost, split per mover

Pizza for friends counts as a “tip” too.

Enjoy a Last Meal at Home

Your kitchen is packed—go out or order in. Celebrate the move!

Try to Relax

Even the most organized move is emotional and stressful.

Take a walk, breathe, reset for tomorrow.

Moving Day

Manage the Process

Whether using professionals or friends, you're the project manager today.

Do:

- Walk through old home one last time
- Confirm nothing is left behind
- Inspect items as they come off the truck

Snacks & Drinks

Stay hydrated. Offering water to movers is always appreciated.

Final Close-Up

Before locking up:

- Check every room
- Turn off lights
- Close windows
- Lock doors

Return Keys

Give keys to your landlord, realtor, or buyer as required.

Bonus: Local Moving Tips

- Winter Moves: Keep walkways clear of ice/snow and cover furniture from moisture.
- Coastal Weather: Use plastic bins for sensitive items in humid areas.
- Rural Moves: Check access roads for large moving trucks ahead of time.
- Local Resources: Goodwill, Habitat for Humanity, and local transfer stations for donations or disposal.

Moving Supplies Checklist

Boxes & Containers

- ☐ Small boxes
- ☐ Medium boxes

- ☐ Large boxes
- ☐ Wardrobe boxes
- ☐ TV / mirror / dish boxes

Cushioning

- ☐ Bubble wrap
- ☐ Packing paper
- ☐ Stretch wrap
- ☐ Moving blankets
- ☐ Mattress bags
- ☐ Packing peanuts / air pillows

Tape & Cutting Tools

- ☐ Packing tape
- ☐ Tape dispenser
- ☐ Painter's tape
- ☐ Scissors

- ☐ Utility knife

Labeling & Organization

- ☐ Permanent markers
- ☐ Label stickers
- ☐ Room color-coding dots
- ☐ Inventory notebook/app

Moving Equipment

- ☐ Dolly / hand truck
- ☐ Furniture sliders
- ☐ Ratchet straps / rope
- ☐ Lifting straps (optional)

Cleaning & Safety

- ☐ Gloves
- ☐ Cleaner & wipes
- ☐ Paper towels
- ☐ Broom / dustpan
- ☐ Heavy-duty trash bags

Essentials Box

- ☐ Toiletries
- ☐ Medications
- ☐ Chargers
- ☐ Snacks & water
- ☐ Change of clothes
- ☐ Basic tools

Timeline Cheat Sheet

2–4 Weeks Before

- Order boxes & supplies
- Gather equipment
- Pack non-essentials

1 Week Before

- Label boxes
- Prepare fragile items
- Disassemble furniture

Moving Day

- Keep essentials with you

- Load heavy items first

Settling Into Your New Home

- Unpack bedrooms, kitchen, kids' rooms first
- Recycle or donate boxes
- Quick clean of new home
- Test all smoke detectors and change locks if needed
- Keep all moving receipts (some may be tax-deductible for business moves)
- Celebrate your new start!

Home Inventory Checklist

Includes full sections for:

✓ Living Room

✓ Dining Room

- ✓ Kitchen
- ✓ Each Bedroom
- ✓ Bathroom(s)
- ✓ Nursery
- ✓ Laundry/Utility Room
- ✓ Garage/Basement
- ✓ Outdoor Items
- ✓ Specialty / Fragile Items

Home Inventory Checklist for Moving

Whole Home Overview

Item Type	Quantity	Notes
Boxes (Small)	_____	_____
Boxes (Medium)	_____	_____
Boxes (Large)	_____	_____
Wardrobe Boxes	_____	_____
Plastic Bins	_____	_____
Trash Bags	_____	_____
Misc. Large Items	_____	_____

Living Room

Item	Quantity	Notes
Couch / Sofa	_____	_____

Loveseat / Chairs _____
 Coffee Table _____
 End Tables _____
 Entertainment Center _____
 TV (Size: ____) _____
 Bookshelves _____
 Lamps (Floor/Table) _____
 Rugs _____
 Wall Art / Mirrors _____
 Decor Items _____

Dining Room

Item	Quantity	Notes
Dining Table	_____	_____
Dining Chairs	_____	_____
Buffet / Hutch	_____	_____
China Cabinet	_____	_____
Table Leaves	_____	_____
Wall Art / Mirrors	_____	_____
Rugs	_____	_____

Kitchen

Item	Quantity	Notes
Plates	_____	_____
Bowls	_____	_____
Cups / Glasses	_____	_____
Mugs	_____	_____
Silverware	_____	_____

Pots & Pans _____
 Small Appliances _____
 Large Appliances _____
 Food Storage Containers _____
 Pantry Items (Boxes/Bags) _____
 Cleaning Supplies _____

Bedrooms (Copy per bedroom)

Bedroom #: _____

Item	Quantity	Notes
Bed (Size: ____)	_____	_____
Mattress	_____	_____
Nightstands	_____	_____
Dressers	_____	_____
Wardrobe / Closet Boxes	_____	_____
Lamps	_____	_____
TV	_____	_____
Desk / Chair	_____	_____
Shoes (Pairs)	_____	_____
Clothing (Boxes/Bags)	_____	_____
Wall Art / Mirrors	_____	_____

Bedrooms

Bedroom #: _____

Item	Quantity	Notes
Bed (Size: ____)	_____	_____

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Shoes (Pairs) _____
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Wall Art / Mirrors _____

Bedrooms

Bedroom #: _____

Item	Quantity	Notes
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Bed (Size: _____)	_____	_____
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Mattress	_____	_____
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Nightstands	_____	_____
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Dressers	_____	_____
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Wardrobe / Closet Boxes	_____	_____
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Lamps	_____	_____
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TV	_____	_____
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Desk / Chair	_____	_____
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Shoes (Pairs)	_____	_____
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Clothing (Boxes/Bags)	_____	_____
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Wall Art / Mirrors	_____	_____
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Bedrooms

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Wardrobe / Closet Boxes	_____	_____
Lamps	_____	_____
TV	_____	_____
Desk / Chair	_____	_____
Shoes (Pairs)	_____	_____
Clothing (Boxes/Bags)	_____	_____
Wall Art / Mirrors	_____	_____

Bathroom(s)

Item	Quantity	Notes
Towels	_____	_____
Linens	_____	_____
Toiletries	_____	_____
Hair Tools	_____	_____
Cleaning Supplies	_____	_____
Shower Accessories	_____	_____
Small Storage Items	_____	_____

Nursery (If applicable)

Item	Quantity	Notes
Crib	_____	_____
Changing Table	_____	_____
Rocking Chair	_____	_____
Baby Clothing	_____	_____
Toys	_____	_____
Storage Bins	_____	_____
Diapers / Supplies	_____	_____

Laundry / Utility Room

Item	Quantity	Notes
Washer	_____	_____
Dryer	_____	_____
Laundry Baskets	_____	_____
Detergents	_____	_____
Tools	_____	_____
Mops / Brooms	_____	_____

Garage / Basement

Item	Quantity	Notes
Lawn Tools	_____	_____
Snowblower	_____	_____
Shovels	_____	_____
Power Tools	_____	_____
Bins / Storage Totes	_____	_____
Seasonal Decorations	_____	_____
Sporting Equipment	_____	_____
Bikes	_____	_____

Outdoor Items

Item	Quantity	Notes
Patio Furniture	_____	_____
Grill	_____	_____
Outdoor Toys	_____	_____
Garden Tools	_____	_____

Specialty / Fragile Items

Item	Quantity	Notes
Antiques	_____	_____
Glassware	_____	_____
Collectibles	_____	_____
Musical Instruments	_____	_____
Art / Sculptures	_____	_____

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Additional Notes

“Because every move is easier with a friend.”

NEW SECTION TO ADD TO TABLE OF CONTENTS

Not sure of order to add to table of contents and where to put the following

- 7. Choosing How to Move: Professional Movers vs. DIY
- 8. Storage Solutions & Smart Storage Planning

7. Choosing How to Move

Professional Movers vs. Moving Yourself

Every move is different. Your budget, timeline, physical ability, and stress tolerance all play a role in deciding whether to hire professionals or handle the move yourself. Here's a clear breakdown to help you choose what's right for you.

Hiring Professional Movers

Pros

Full-service convenience

Professional movers can handle everything—packing, loading, transportation, unloading, and even unpacking—saving you significant time and energy.

Supplies often included

Many moving companies provide boxes, packing paper, mattress bags, tape, furniture pads, and stretch wrap either included or at a reduced cost.

No heavy lifting

Avoid injury and exhaustion by letting trained professionals handle large furniture, appliances, and awkward items.

Cons

Higher cost

Between labor, materials, mileage, stairs, and specialty items, professional moving costs can add up quickly. Always review your estimate carefully so you know what's included.

Risk of damage

While movers are insured, accidents can happen. Even with coverage, replacing damaged items can be inconvenient.

Less scheduling control

Depending on the company and distance, delivery windows may be estimated rather than guaranteed—especially for long-distance moves.

Moving Yourself

Pros

Lower cost

Truck rentals and self-packing are typically much cheaper than full-service moving—especially if you source free boxes and supplies.

Full schedule control

Move on your timeline. Spread the move over several days or weeks without waiting on delivery windows.

Pack your way

You control how items are packed, labeled, and organized, reducing the chance of misplaced belongings.

Cons

Physical strain

Heavy furniture and endless boxes can cause injury, soreness, or burnout—especially without help.

You're responsible for damage

If something breaks, repairs or replacements come out of your pocket.

Takes longer

DIY moves often stretch over multiple days, delaying your ability to fully settle into your new home.

Pro Tip from A Friend With A Truck

Many people choose a hybrid move—packing themselves but hiring movers for loading, transport, and unloading. This approach balances cost, control, and safety.

8. Storage Solutions & Smart Storage Planning

Storage is often part of a move—whether you're downsizing, renovating, waiting for a closing date, or simply need extra space.

Storage Unit Packing Tips

Keep heavy & fragile items low

Heavy items stacked too high can crush boxes below. Fragile items placed on top are more likely to fall and break.

Go vertical (smartly)

Even small units offer a lot of vertical space. Stack sturdy, well-packed boxes while keeping fragile items lower.

Use shelves & storage furniture

Dressers, shelving units, and bins can store items inside them—don't waste hollow space.

Create a walkway

If you'll need access during storage, leave a narrow path so you're not unloading the entire unit to find one item.

Use wooden pallets

Raising items off the concrete floor improves airflow and helps prevent moisture damage.

Store frequently needed items near the front

Seasonal items, documents, or essentials should be easy to access.

What Is Climate-Controlled Storage?

Climate-controlled storage units are maintained within a consistent temperature range—typically 55°F to 80°F year-round—helping protect belongings from extreme heat, cold, and humidity.

These indoor units commonly range from 5×5 to 10×30 and are ideal for sensitive or valuable items.

Benefits of Climate-Controlled Storage

- Protection from temperature swings
- Reduced risk of mold, mildew, and warping
- Extended lifespan of furniture and electronics
- Added peace of mind for valuable items

Items That Need Climate-Controlled Storage

Electronics – TVs, computers, gaming systems, cameras

Furniture – Wood, leather, upholstered items

Books & documents – Prevent warping and fading

Media – DVDs, records, VHS, photos, film negatives

Artwork & antiques – Especially in humid or extreme climates

Musical instruments – Guitars, violins, pianos, percussion

Collectibles – Coins, stamps, artwork, heirlooms

What Size Storage Unit Do I Need?

Small Storage Units

5×5 – Small walk-in closet

- Mattress, dresser, boxes, holiday décor

5×10 – Medium walk-in closet

- Bedroom furniture, couch, appliances, motorcycle

Medium Storage Units

5×15 – Large walk-in closet

- Bedroom set, sofa, appliances

10×15 – Two-bedroom apartment

- Multiple bedrooms, living room, garage items

Large Storage Units

10×20 – Multi-bedroom home

- House contents, patio furniture, vehicles

10×25 – Three-bedroom house

- Pickup truck, small RV, garage + home contents

10×30 – Four to five-bedroom home

- Full household, vehicles, office furniture

Large Storage Units Are Ideal For:

- Full home storage during moves
- Renovations
- Vehicle storage (cars, boats, small RVs)

Moving doesn't have to feel overwhelming. Whether you're hiring professionals, moving yourself, downsizing, or storing belongings short- or long-term—planning makes all the difference.

And when you need help lifting, loading, hauling, or delivering...

A Friend With A Truck is here—because everyone needs A Friend With A Truck

Need pictures potentially on each page or images

Add a better item checklist page?

Add better inventory page that can be given to movers?

Add section about choosing a rental truck size?

Needed formats-

PDF formats

Ebook formats

Small short formats

And website formats

Email format