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PREPARING FOR A STRESS FREE MOVE

Written By: Harry Gribnitz

Now that you have found that Dream home and the closing is scheduled, let's look at taking the stress out of the move. In reality, no move will be completely "Stress Free", but the key to minimizing the stress is to plan in advance.

1. *If you don't use it, don't move it. A hidden blessing in preparing to move is that it is a great time to get rid of the items you no longer need or use. You will save time and money by moving less. My personal rule is that if it is still in the sealed box from the last move, it is time for it to go.*

a. *Sell it through a garage or yard sale. You might even consider using an on line auction service for some items. You might check with your neighbors and friends. Someone might love to have that old refrigerator or freezer in their garage or basement.*

b. *Give it away. Check with local charities, libraries or schools to see who might be able to pick up donations. Be sure to get a receipt.*

c. *Throw it away!!!! I know for some of us this is difficult, but start early and dispose of some "stuff" each week.*

2. *Hiring professional help. If you don't want to handle the move yourself, hire professional movers. Be sure to get a least three written estimates from licensed movers. Have an estimator come to your home to examine the items to be moved, before they prepare a written quote. The lowest quote is not always the best deal. Check with friends you trust for referrals!!!! The same applies if you just plan to rent a van or trailer for your move. Ask for referrals and get quotes!!!*

3. *Calling on Friends and Family. Over the years how many friends and family members have you helped move?*

a. *Packing boxes. Be sure your order plenty of packing supplies! You will need plenty of boxes, tape gun, packing tape, marking pens, packing paper, bubble wrap, and packing peanuts. This is not the time to save with cheap boxes or weak tape. Ask a few friends to help you pack boxes several days before the move.*

b. *Moving Day. Ask lots of people to help! The old adage is true "many hands make light work". At the end of the day you will be a lot less tired and much less likely to have strained any muscles.*

c. *Kids and pets. On moving day be sure you have someone to take care of the kids and pets. Particularly young children need attention and can not really "help" with the move. This does not mean your 6'4" 225# High School football playing son gets a free pass. Just use good judgment.*

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d. Food, Drink and other Essentials. Be sure you have made plans to have food and particularly water or soft drinks available for the family and the helpers. If you are using professional movers or volunteers they will appreciate your planning. Also plan ahead for the evening meal. If it is just for the family or a thank you for the volunteers, plan ahead. Be sure you have paper cups, plates and utensils. And don't forget the napkins and toilet paper!

4. Arrange for Utilities. Request good credit letters from your current companies (particularly if this is a long distance move) to save on deposits. Contact the new utility companies well ahead of your move (1 -2 weeks minimum).

5. Schedule Contractors. If you plan to have professionals, steam clean carpeting, paint interior rooms or change locks on the doors, schedule them well before the move-in date. Even if you plan to do the work yourself, it is much easier if these tasks are done before you move.

6. Prepare an in route or first night survival kit. Bring the essentials to survive the trip or the first night. You will need a minimum amount of kitchen and bathroom supplies, a change of clothing, pillows, blankets and towels. Don't forget prescriptions and toiletry item. If you have a pet, remember they need some essential items too!!!! Make a list and check it twice.

7. Relax and enjoy your new home. You don't need to unpack everything the first day!!!!