

Moving is Not Fun, but it can be Less Stressful

The idea of moving can sound like a great adventure, but for most people, the actual *process* of moving is a giant headache. In fact, a lot of people equate it to some of life's biggest annoyances...Like say, getting a root canal!

When you know a move is imminent, there's a tendency to procrastinate, and this adds to the stress. A good way to stay on track is to follow the rule of twos: Start planning two months before moving day-and start packing two weeks before.

“Give yourself eight weeks to handle your check list in an orderly, low-stress manner” says Dan Szwed of White Glove Moving and Storage in Bayonne, NJ “This will give you time to send change-of-address information, pack up your home, arrange to transfer your child’s school records, etc.” Don't even try to commit your moving to-do list to memory...*We have included one for you!*



Moving and Packing is a Marathon, not a Sprint...and be methodical!

To keep from becoming overwhelmed, pack in sections, going room by room. Start with small tasks in each room—each drawer and cabinet are their own victories, Packing should be considered a progressive process, not something you complete overnight...As you pack each item, ask yourself “do I really need this?” most of us have “stuff” that we should give away, or throw away, but not take to our new location! Often the cost to bring an older refrigerator or furniture just is not worth it, you may be better off leaving it behind and buying new when you get there. Tape each box closed, label it with the contents and the name of the room where it will be unpacked,



Pack an emergency bag When you arrive at the house on moving day, you'll want to have easy access to your daily necessities like medicine and a toothbrush. Dan advises packing the following items in this bag or box: toiletries (toothpaste, toothbrush, deodorant, soap, and shampoo), an extra change of clothes, a towel, important medications, toilet paper, a book or other entertainment, chargers for cellphone and computer, a checkbook, and important papers.

Every moving company is different, and some have specific requirements. Does everything need to be in cardboard boxes? Is there a maximum weight on the packed boxes? Do

the mattresses need covers? Who is responsible if you pack and your movers move, and then you find damage? That answer is get insurance from your insurance company to be safe, because you may be paid by the pound or item, rather than value...Local rates are far different than interstate or long distance...be prepared, and ask questions.

Urban Dwellers, apartments, condos, Renters, co-ops...it's extremely important to scan the leases/rules and regulations of your old and new homes for any moving day stipulations...Sometimes there are fees involved, the freight elevator and parking must be booked in advance.

Dan Szwed says "Always call Movers directly (do not use brokers) and get an in-house walk through and estimate...get a few so you can compare...and check them out!

<https://safer.fmcsa.dot.gov/companynapshot.aspx>



Moving to a new home is stressful enough ... but imagine just how much worse it would be if the movers you hired held your stuff hostage. Sounds crazy, but it's a lot more common than you might think. In fact, according to the Federal Motor Carrier Safety Administration, (Link Above) of the 4,100 consumers who filed moving fraud complaints in 2017, 9% involved "hostage load" situations in which movers hung onto items in an effort to extort more money than their clients had agreed to pay.

Eight Weeks is usually enough time to get the job done...bad weather? peak times? Start a little earlier. Having a plan will pay huge dividends in getting a good move at a fair price, and in keeping your sanity...Happy Moving!

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