

Moving on a Budget

A simple plan for a smooth, low-cost move — from four weeks out to the first night in your new place.

4 weeks before

- ☐ Confirm your move-in date and get your new lease or address in writing.
- ☐ Decide how you'll move: friends and family, a rental truck, movers, or a mix. Get any quotes **in writing**.
- ☐ Collect free boxes: grocery and liquor stores, office buildings, community groups, and "free" listings online.
- ☐ Go room by room: keep, sell, donate, or toss. Every item you don't move saves time and money.
- ☐ Ask your caseworker, church or agency whether they can help with a truck, labor or furniture.

2 weeks before

- ☐ Reserve the rental truck (weekdays and mid-month are often cheaper than weekends and month-end).
- ☐ Change your address with the post office, your bank, your employer, and any benefits you receive.
- ☐ Schedule utilities: shut off at the old place the day after you leave; turn on at the new place the day before you arrive.
- ☐ Start packing the things you use least. Label every box with the room and a few words about what's inside.
- ☐ Plan for kids and pets on moving day.

Week of the move

- ☐ Pack a **first-night bag**: IDs and papers, medications, phone chargers, a change of clothes, toiletries, sheets, towels, toilet paper, snacks.
- ☐ Keep important documents with you, not in the truck: birth certificates, Social Security cards, leases, medical and school records.
- ☐ Set aside unopened food you won't take and donate it to a food pantry.
- ☐ Take apart bed frames and tables; tape screws in a bag to the piece they came from.
- ☐ Clean the old place and take date-stamped photos of every room for your deposit.

Moving day

- ☐ Walk through the old place with whoever is helping. Point out fragile items and anything that isn't going.
- ☐ Load the truck the right way (next page). Do a final sweep of closets, cabinets and outdoor areas.
- ☐ At the new place, take date-stamped photos of every room **before** you bring anything in.
- ☐ Set up beds first. Everything else can wait until tomorrow.

Loading a rental truck: walls and tiers

Load in solid layers from floor to ceiling, front to back — like building a wall — so nothing shifts on the road.

1. **Heaviest and largest first**, against the front wall by the cab: appliances, dressers, the sofa standing on end if it fits.
2. **Build tiers floor to ceiling**. Heavy boxes on the bottom, lighter boxes on top. Fill each section all the way up before moving back.
3. **Mattresses, box springs and table tops** stand on edge along the side walls.
4. **Fill every gap** with soft things — pillows, bags of clothes, cushions. No empty pockets for things to fall into.
5. **Tie off every few feet** with rope or ratchet straps to the truck's tie rails.
6. **Keep the weight even** side to side, and never load past the truck's weight limit.
7. **Last on, first off**: your first-night bag, cleaning supplies, tools, and the bed frame hardware.

Spot a moving scam

Be careful if a mover:

- Wants a large deposit or full payment in cash before moving day.
- Gives a price that's far lower than everyone else, or won't put the estimate in writing.
- Has no physical address, no reviews, or answers the phone with a generic "Movers."
- Raises the price after your things are already on the truck.
- For a move to another state: has no USDOT number. Look it up for free on the FMCSA website before you book.

Always get the price, the hours or flat rate, and what's included in writing before the work starts.

Where to find help

Need	Where to start
Help finding local resources (rent, utilities, food, furniture)	Dial 2-1-1 or visit 211 online
Food	Second Harvest Food Bank of Middle Tennessee, or a local church pantry
Furniture	Ask your caseworker about furniture banks and donation programs
Leaving an unsafe home	YWCA 24/7 line 800-334-4628 or text 615-983-5170 . If you're in danger, call 911 .
Moving help through a church or agency	Ask them about the Mindful Movers & Crestwork community program

Questions about moving?

Mindful Movers (moving labor) • (629) 256-6517

Crestwork Home & Property Care • (615) 660-0917 • info@crestworkcare.com