

Your
**Ultimate
Guide**
to
MOVING
and
JUNK REMOVAL

The Art of Stress-Free Living



The Art of the Move



4 - 8 Weeks Out

1. Pick A Mover



The first step to making a successful move, whether it's interstate or just across town, is to pick a mover. You always want to make sure that the mover is the right fit for you, but you may not know exactly what "the right fit" is. It's important to spend time doing some research in order to make sure you hire the mover that is most compatible with your needs. Consider the following about each mover as you do your research:

- **AMSA Membership** - The American Moving and Storage Association is something of a national watchdog for movers and, as such, can be your best friend when looking to relocate. AMSA trains and certifies all of its member companies in accordance with strict ethical, legal and safety standards. It should be your top priority to make sure that any mover you hire is a member.
- **Price** - Price plays perhaps the biggest role in most consumers' decision-making process, and rightfully so. That said, you should keep in mind the old adage that "you get what you pay for." Certainly, there are plenty of movers out there who can get your belongings from point A to point B for a low rate, but are those the types of movers with whom you would trust your belongings? You need to weigh the price of the move itself against the cost of possible damage to your items, inconvenience due to late pickup or delivery, and the overall trustworthiness of the movers.
- **Services Offered** - Decide what it will take to get your belongings from where they are to their new destination. Do you have items that require special packing, such as electronic devices? Plasma TVs, for example, should be shipped upright and never subject to extreme temperatures. Plus, electronics generally aren't cheap, so you'll want to find out if the mover offers premium liability coverage or just the basics. Similarly, houseplants and animals will require special accommodations. Find out what services each mover offers and consider the full range of your specific needs.

2. Decide What Not to Take



Deciding what to take and what to get rid of is important for a number of reasons. First of all, it can save you time and money if you have less items to pack, load, move, unload and unpack. Your mover will need an inventory of your items in order to give you an estimate and, obviously, the less items on that inventory, the less it will cost you in the estimate.

Secondly, you may even be able to profit from these unwanted items if you are willing to hold a yard sale. If you don't feel that you have the time, energy, etc., you may want to look into a professional service to haul your unwanted items away. That topic will be discussed further on page 5.





1 - 4 Weeks Out

3. Make the Checklist



Setting up your move can be difficult at times. If you try to remember each and every little thing that you need to do, it will be twice as difficult. Make a checklist and stick to it. The checklist will instantly cut your stress in half because you'll be organized and you won't have the constant feeling of forgetting something in the back of your mind. On the checklist, along with what needs done, write down the time frame for when each task should be completed. Below is a basic checklist, but you can talk to your friends, family or mover about any other suggestions, ideas or past experiences that they might have to offer or that might pertain to your particular circumstances.

Sample Checklist

4 WEEKS OUT

- Start packing (or schedule it to be done by the mover closer to the move date.)
- Make any necessary arrangements for your new home (repair work, newspaper delivery, etc.).
- Have your curtains, suits or rugs cleaned. Leave them in the wrapping from the cleaner so they stay clean during the move.
- Purchase a plane ticket (or other transportation ticket, where applicable).
- Make arrangements with the new school for your children.

3 WEEKS OUT

Make arrangements for your utilities, phone and appliances to be:

- Disconnected in your current home.
- Connected in your new home.
- Call hotels en route to your new home to make reservations. If necessary, make sure they're pet-friendly.
- If moving into an apartment, contact the landlord or main office to reserve the elevator for your move-in day.
- Procure all necessary records, including:
 - Medical
 - Dental
 - Veterinary
- Handle the automobile paperwork, including:
 - License
 - Registration
 - Insurance

2 WEEKS OUT

- Go to your local post office, complete and return a change-of-address card.
- Figure out and make arrangements for the transportation of pets and plants.
- Take care of any final bills for your current residence.

1 WEEK OUT

- Call your pharmacy and transfer any prescriptions to a pharmacy near your new home.
- Cancel all delivery services to your current residence (e.g. newspaper delivery).





1 - 2 Days Out

4. Get Hands-On



Once you're only a day or two away from moving, you'll notice a shift in your preparations. By all means, feel free to create a checklist for the final two days, but that checklist should be slightly different from the last one. Whereas the last one was spent, in large part, making phone calls and handling paper work, this checklist should involve some slightly more hands-on tasks.

Sample Checklist

2 DAYS OUT

- Defrost your fridge and freezer. Dry them out to avoid mildew or mold during transport.
- Have the mover or packing service pack your belongings (if you haven't done so yourself).

THE DAY BEFORE

- Take cash out of your account (or traveler's checks) for any expenses along the way.
- Don't forget, you'll need to have an acceptable form of payment for the mover if they don't accept credit cards.
- If you're driving, be sure to do a final check of the following:
 - Gas
 - Tires and tire pressure
 - Water
 - Battery
 - Oil
 - Wipers
 - Anything else specific to your vehicle



Moving Day

5. Stay Calm



When moving day finally arrives, the most important thing you'll need to do is stay calm. By now, you should be able to relax because you've handled all the preparations in advance. If a problem arises, as they tend to do in life, just remember that every problem has a solution. Plus, if you've picked the right mover, they will go the extra mile to remedy any sudden problems or issues. This is the day when the weeks of hard work will pay off, but no matter what happens, panicking won't help. Keep your cool and stay stress-free. Here are the top 3 tips for ensuring the smoothest move day possible:



1. **Get a good night's sleep.** Obviously, this is easier said than done, especially if you're a naturally nervous person. Try to unwind a few hours before bedtime by going for one last walk around the old neighborhood or talking to a family member or friend about anything other than the impending move. This will separate the worries of the day from your sleep at night and will help you get a deeper, more relaxed sleep.
2. **Keep your phone handy.** Use your cell phone as a security blanket. You may be worried about unforeseen problems with the shipping of your belongings, but you can relax a little knowing that, if any issues occur, you'll know immediately. Just make sure to bring your phone charger with you, particularly on longer drives.
3. **Ask questions at any point.** Sometimes all the planning in the world isn't enough to keep us from forgetting a detail or two. Use that cell phone to make phone calls and ask any questions that you think of along the way. Also, it's a good idea to take any and all brochures, paperwork and other documents that you've acquired during the moving process, both from the mover and on your own during your research. The more information you have at your disposal, the more at ease you'll feel.



The Arrival

6. Seek Reassurance

Finally, once you and your belongings have arrived at the destination, take the time to speak with your mover. Let them set your mind at ease by asking questions. Ask them how the drive went, if they encountered any issues along the way, or even if they found any cool places to stop for lunch. By now, if you've hired the right movers, you should feel comfortable enough to speak with them informally. Often times, there is no substitute for face to face interaction when it comes to reassuring yourself.

7. Pace Yourself



It's tempting to get all of your belongings in the house, unpacked and put away as soon as possible. Fight the urge. It's a good idea to take your time and give yourself plenty of breaks. Once you've gotten all of the items in the home (or at least the bigger ones), taken inventory and checked to make sure that nothing has been damaged along the way, take a break. Really let your surroundings sink in. Spend this time enjoying the fact that all your belongings and your family made the journey safely. Explore the whole house with your children and enjoy your new living space.



The Art of Junk Removal

What is Junk?



It's in your basement, attic, or designated room somewhere in your house. It may be taking up a drawer or some boxes. Some people have it spread out over their entire house to make it less obvious, but it's still there. Studies show that it has a direct correlation to your stress level. What is it?

It's junk, and chances are good that you have more of it than you think. At College Hunks Hauling Junk, we use the term "junk" to describe anything that you don't need, want or use, but that still takes up space in your home. This can be anything from yard brush or remodeling debris to furniture or clothes and everything in between.

Why Hire a Professional Service?

There are many reasons to go with a professional junk hauling service for your junk removal needs.

In fact, here's a list:

- Large or heavy items are difficult to lift (obviously). Plus, ask anyone who has ever thrown out their back and they'll tell you that it takes surprisingly little weight to strain or injure that particular muscle group.
- Even if you're able to lift the item, it may be awkward to carry. At this point, you'll need to convince a friend or relative to drop what they're doing to help you haul the item. Good luck.
- Often, it's not the large items, but the massive amount of smaller items that contribute to the clutter around your house. This can be incredibly time-consuming and more costly than you think to sort, load, haul and dispose.
- If you didn't have space in your home for the items, odds are you won't have space in your vehicle to transport them.

Why College Hunks Hauling Junk?



College Hunks Hauling Junk is a one-stop shop for all of your junk hauling needs. Our primary goal, above all else, is to ensure that your experience with us is 100% stress-free from start to finish. Whether we're removing an entire hot tub or just picking up a few boxes, our friendly HUNKS are working hard to impress with enthusiasm, professionalism and good, old-fashioned friendliness. After all, HUNKS stands for Honest, Uniformed, Nice, Knowledgeable Students.



Donation Pickups

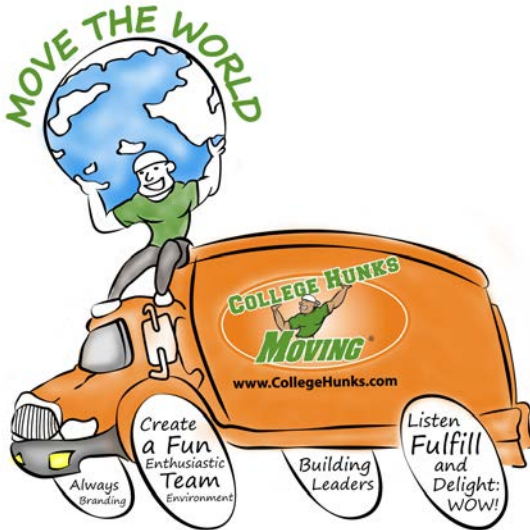
At College Hunks Hauling Junk, we understand that just because an item is no longer used or needed by one person, doesn't mean it can't find a great home somewhere else. That's why we're dedicated to finding the best way possible to salvage everything we haul through our donation pickups.

What is a Donation Pickup?

Through our partnership with local charities and, in most cities, Goodwill and Salvation Army, we are able to donate the majority of your items to great causes. Unfortunately, some of those items are older or more worn than others. If an item isn't accepted by one organization, we take the item to other organizations until we find a home for it. As a last resort, the item will be recycled, taken to a waste-to-energy facility, or disposed of in the most ecologically-friendly way possible.

How does it work?

To schedule a donation pickup in your area, start by calling College Hunks' toll free number, 1-800-JUNK-USA (1-800-586-5872). Tell the Client Loyalty Associate that you'd like to have your items picked up and donated to a great cause. It's important that you specify you'd like a donation pickup instead of a standard junk haul because you'll receive a tax receipt for any items donated. Once the items have been removed from your property, you can feel good knowing that your "junk" is on its way to becoming someone else's treasure!



www.CollegeHunks.com

COLLEGE HUNKS



HAULING JUNK[®]

www.CollegeHunks.com

The University of Stress-Free Service

Here's a list of more stress-free services that we provide:

- Labor Services
- Real Estate
 - Home Staging Assistance
 - Temporary On-Site and Off-Site Storage Solutions
- Corporate Relocation, Renovation, or Cleanout
- Computer Recycling
- Sorting of Donatables, Recyclables and General Refuse
- Provision of Tax Receipts
- Full Service Moves
 - Sorting
 - Packing / Unpacking
 - Loading / Unloading
- Portable Storage
- & Much More!

