

Arizona

Moving guide



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TIPS FOR A STRESS-FREE MOVE



Moving can be very stressful, so what do you do when circumstances or opportunities require that you relocate? How do you get through a move in one piece? You might begin by following these helpful stress relief tips.

Start Early

Few people feel relaxed under a deadline, but having the benefit of time can help calm the nerves. The time to start planning for your move is as soon as you know you need to move.

Get Organized

The number one method for alleviating emotional stress when moving is to feel like you have control over what's happening. As illusory as that control may be, being organized will help you handle the unexpected.

First, come up with a relocating schedule that will help you break the moving process into phases. Detail exactly which task needs to be accomplished when. Use a checklist to make sure you are taking care of necessary goals by their due dates. Create a system that works to help you keep track of everything. Whether you make up your own or get help from someone with moving experience, having a model to work from will be your saving grace.

Make it Easy

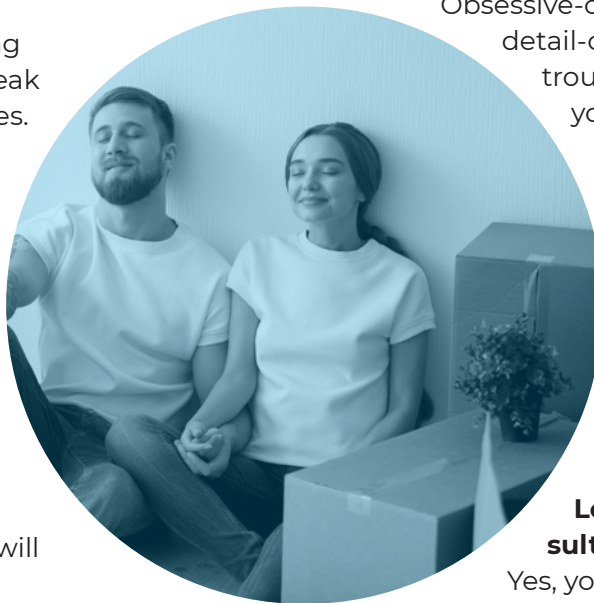
Don't be married to an initial moving plan simply because it was your first. As you do the footwork, you may discover there is an easier way to get the move done, and you should embrace this! Sure, driving your car cross-country might have seemed the only affordable option initially, but a search for reputable auto shippers and a sale on airfares could make all the difference between a stressful move and a more relaxed one. The same philosophy goes for packing. Rather than take on the entire process yourself, be sure to get quotes for having movers assist you.

Schedule Time for Stress Relief

In the weeks leading up to your move, you may be so focused on getting everything done that you neglect your own health. Coping with a move requires that you stay physically and emotionally fit, so get plenty of sleep, eat well, and get some exercise. This would also be a good time to schedule a massage or a spa session. If time allows, try to get a weekend or at least a night away so that you can take your mind off your move for a little while.

Ask for Help

Obsessive-compulsive people and the detail-oriented among us often have trouble asking for help. While you are making your thorough preparations, also be sure to contact friends and family on both sides of your move to help you in any way possible. Many hands really do make the work lighter, which can relieve a lot of stress. You'll be glad for the company, too.



Look Forward to the End Results

Yes, you know moving will be hard and potentially fraught with stresses, but you will survive it. Many others have gone before you and lived to tell about it. Know that there is nothing that can happen that you can't handle and focus on the potential for new growth and adventure in your new home. Moving is one of the more stressful things we can experience, but there are ways to make it easier. Prepare, get organized, and stay flexible. Before you know it, you'll be unpacking your things in your new home and wondering what all that worry was about!

NOTIFICATION CHECKLIST

UTILITIES

- Electric
- Natural Gas
- Water District
- Sewer District
- Garbage Provider
- Cable/Satellite
- Fuel (Propane)
- Phone Services
- Internet

GOVERNMENT OFFICES

- US Post Office
- Department of Motor Vehicles
- IRS
- Passport Office
- Veteran Affairs
- Unemployment Office

SUBSCRIPTIONS

- Newspapers
- Magazines
- Movie Subscriptions
- Book or Music Clubs

FINANCIAL INSTITUTIONS

- Banks/Credit Unions
- Credit Card Companies
- Lenders
- Insurance Companies
- Retirement Plans
- Investments
- Online Bill Payer
- PayPal

SERVICE PROVIDERS

- Childcare
- Housecleaning Services
- Delivery Services
- Lawn Care Services
- Veterinarian
- Pool Service

OTHER

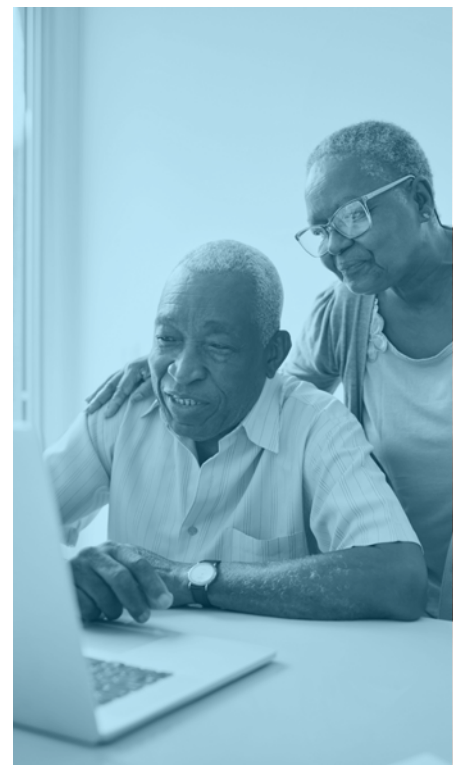
- Friends and Family
- Employers

MEMBERSHIPS

- Health Clubs
- Membership Clubs
- Community Groups
- Children's Extracurricular Activities

HEALTH

- Physicians
- Dentists
- Pharmacies



MOVING CHECKLIST

8 WEEKS BEFORE YOU MOVE

- Inventory Sheets:** Create an inventory sheet of all which is to be moved.
- Research Moving Options:** You'll need to decide if yours is a do-it-yourself move or if you'll be using a moving company.
- Request Moving Quote:** Solicit moving quotes from as many moving companies and movers as possible. There can be a large difference between rates and services within moving companies.
- Discard Unnecessary Items:** Moving is a great time for ridding yourself of unnecessary items. Have a yard sale or donate unnecessary items to charity.
- Packing Material:** Gather moving boxes and packing material for your move.
- Contact Insurance Companies:** You'll need to contact your insurance agent to cancel/transfer your insurance policy.

4 WEEKS BEFORE YOU MOVE

- Start Packing:** Begin packing all things destined for your new location.
- Obtain Your Medical Record:** Contact your doctor, physician, dentist, and other medical specialists who may currently be retaining any of your family's medical records. Obtain these records or make plans for them to be delivered to your new medical facilities if changing.
- Note Food Inventory Levels:** Check your cupboards, refrigerator and freezer to use up as much of your perishable food as possible.
- Small Engines:** Service small engines for you move by extracting gas and oil from the machines. This will reduce the chance to catch fire during your move.
- Protect Jewelry and Valuables:** Transfer jewelry and valuables to a safety deposit box so they cannot be lost or stolen during your move.
- Borrowed and Rented Items:** Return items which you may have borrowed or rented. Collect items borrowed to others.



MOVING CHECKLIST

1 WEEK BEFORE YOU MOVE

- Your Change of Address:** Change your address with the USPS, DMV, Financial Institutions, Utilities, Government Offices, Health Care Service Providers, Memberships and Subscriptions.
- Bank Accounts:** Transfer or close bank and financial accounts if changing banks. Make sure to have a money order for paying the moving company.
- Service Automobiles:** If automobiles are to be driven long distance, you'll want to have them serviced so you have a trouble-free drive.
- Cancel Services:** Notify any remaining service providers (newspapers, lawn services, etc.) of your move.
- Travel Items:** Set aside all items you'll need while traveling. Make sure these are not packed on the moving truck.
- Contact Utility Companies:** Set utility turnoff date, seek refunds and deposits, and notify them of your new address.

MOVING DAY

- Plan Your Itinerary:** Make plans to spend the entire day at the house or at least until the movers are on their way. Someone will need to be around to make decisions. Make plans for kids and pets to be at a sitters for the day.
- Review the House:** Once the house is empty, check the entire house (closets, attic, basement, etc.) to ensure no items are left or no home issues exist.
- Double Check With Your Mover:** Ensure the mover has the new property address and all of your most recent contact information should they have any questions during your move.
- Vacate Your Home:** Make sure utilities are off, doors and windows are locked, and notify your real estate agent you've left the property.
- Questions To Ask:** Where is the garage door opener? Where are the keys to the house, mailbox, and other lockable area? Did you retrieve all keys from neighbors and friends?



PACKING TIPS



“OPEN FIRST” BOX: While preparing to move, pack a clear box with items for immediate use when you arrive at your next home.

Include: scissors, box cutters, hand soap & towels, toilet paper, paper towels and spray cleaner, knife, bottle opener, paper plates & cups, pizza cutter, first aid kit, snacks, garbage bags, and a candle with matches or essential oil diffuser to bring your favorite scent into your new home.

PRO TIP:
Pack your “Open First” box on the truck last to make sure it is easy to find and it’s the first box opened.



SPEED DIAL: No one likes a *hangry* crowd, and moving makes everyone hungry - especially friends and family that volunteer to help you move.

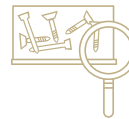
Have your local pizza delivery service on speed dial and plan ahead by sending a text a day in advance to find out pizza topping preferences. This text will have a two-fold benefit: 1) you won’t have to make any pizza decisions on moving day, and 2) it is a gentle reminder to your volunteers that moving day is tomorrow!



PHOTOGRAPH YOUR ELECTRONICS: Setting up your electronics at the next home can be a bit of a tangled mess. Before unplugging and disassembling your cords and wires, take photos and map them with masking tape for easy reassembly.



LABEL STRATEGY: Label boxes on their sides for easy identification when stacked. To speed up the unloading process, the label should identify the intended room along with the contents of the box (i.e. BEDROOM>SHEETS, PILLOWS, ESSENTIAL OIL DIFFUSER).



CLEAR PACKAGING: Clear zipper bags will help keep your smaller items organized, visible and easily accessible. Pack small items in zipper bags, label them and secure in a clear bin ready for moving day (i.e. hardware and screws for assembling a bedroom set).



PACKING STRATEGY: Just like Goldilocks, you want to find the box that is just right! Consider choosing uniformly sized boxes - not too big and not too small - so you can stack them easier in the truck. After unpacking, you can give your boxes to the next person you know who is making a move or share a “box giveaway” post on social media.

TIPS FOR PACKING HOUSEHOLD ITEMS

Beds: Disassemble the bed frame. Tie rails and cross-pieces together with packing tape. Be sure to mark on tape to show where pieces fit together for reassembly.

Bicycles, Tricycles, Baby Carriages: Loosen, lower and turn handlebars at right angles to save space. Clean and cover

chains and pedals to protect other items from being snagged or soiled.

Books: They’re heavy, so use small boxes. Don’t mix books with other items. Pack books flat, alternating bindings, and fill empty spaces with packing paper or bubble wrap.

Bureaus & Dressers: Fill drawers with small breakable items and cushion well with loose clothes. Secure drawers with pad or blanket and tape. Do not overload drawers with heavy items.

Chairs: Wrap arms and legs to prevent scratches. Bundle armless chairs in pairs, seat to seat, with a folded blanket or other padding between and tie seats together.

Clothes: Dresses, coats, suits - anything hanging in closets - travel best in reusable boxes, which can be used seasonally as "extra closets" for wardrobe storage. Other clothes can remain folded in their regular dresser drawers.

Curtain Rod Hardware: Put the hardware in a plastic bag and tape to the rod or pack them in dresser drawers.

Dishes: Individually wrap each piece. Place saucers, plates, and platters on edge. Do not stack flat. Cups and bowls may be placed inside each other and wrapped three or four in a bundle.

Fine Furniture: You may want to wrap your best furniture in bubble wrap, not only to protect it from scratching, but to keep dust and dirt off the upholstery.

Glasses: Wrap each glass separately in packing paper or bubble wrap (remember to wrap first in a plastic bag to save washing later). Pack in sturdy boxes.

Kitchenware: Pots, pans, etc. can be stacked in a box with packing paper between them.

Lamps: After disassembling lamps, pack small bases in dresser drawers surrounded by loose clothing, and large bases in boxes stuffed with packing paper or bubble wrap. Box shades individually in boxes with plenty of packing paper for stuffing. Don't use newspaper because it smudges.

Lawn Mowers: Drain fuel and oil before moving. Remove handle from hand mowers and place blade end in sturdy box. Mark properly.

Mirrors: Small mirrors can be well wrapped in paper and packed in boxes. For a large mirror,

make a cardboard case by cutting pieces of corrugated cardboard. Mark glass on the outside to prevent mishandling. Always pack and store on end.

Paint and Flammables: Don't move! The same goes for other flammables such as alcohol, solvents, lighter fluid, ammunition and greasy mops or rags. Dispose of them properly.

Paintings and Prints: Place in mirror boxes, wrap individually in corrugated cardboard, or wrap in cardboard cushioned with thick blankets and tie bundles with cord. Stand on sides.

Radios, TV's: Box upright and make sure items are well padded on all sides. For console-size equipment, surround with furniture pads, and then move and load upright.

Rugs and Pads: After vacuuming rugs and pads, sprinkle with moth flakes. Roll up and tape.

Stereos, Compact Discs, and Cassettes: Separately pack components and pack in well padded box marked fragile. Pack CD's upright in their cases in a sturdy box with tape-reinforced bottom. Tie CDs in small bundles before packing, then fill air space with packing paper. Mark FRAGILE.

Tables: For large tables, remove legs and tie together. Put hardware in small sealed envelope taped to underside of table top. Pad tops. Pad and tie spare table leaves. For smaller tables, pad top and wrap legs to prevent scratching.

Tools and Gardening Equipment: Drain hoses, coil and pack in boxes. Fill remaining spaces with lawn sprinklers, small garden hand tools, etc. Tie rakes, shovels, and other long-handled tools together with tape.

Valuables: Set aside jewelry, important papers and safe deposit box contents to be packed in a small container you can keep with you throughout the move. Do not label as valuables on jewelry. This goes for prescription medication as well.

TIPS FOR MOVING WITH KIDS



Do not wait to inform your children about moving. Tell your kids about the move as soon as possible!

It is pretty natural to assume that the less time kids have to think about moving, the easier it will be for your children. However, experts say it is actually the opposite. Kids need time to get used to the idea of moving. Don't put off telling them about moving.

Welcome your children's questions about moving.

Open lines of communication will go a long way toward helping your children feel comfortable with moving and it's okay even if you can't answer all their questions right now. Your kids' questions can give you an idea of how they're feeling about moving — whether they're excited or uneasy. Some questions may also offer an ideal way to get them involved in the moving process, such as suggesting they get online to locate nearby libraries or parks.

Be positive and upbeat about the move.

Your attitude about the move will influence your children's attitude as well. If you dread moving, then the move will seem dreadful to them too. Be enthusiastic, upbeat, and positive about the new experiences and opportunities in store, and your children will be more likely to feel the same way.

Let your children know they can help with the move.

This is a good time to emphasize that the move is a family event and that everyone will be part of the planning, packing, and perhaps even choosing the new home. Start your kids thinking of things they can do and how to get ready for the move. Assure them that their contributions, however small, will be valued and greatly appreciated.

MOVING DAY PREP FOR KIDS!

KIDS: Packing Time! Time to Sort Your Stuff!

Moving is a good reason to get rid of things you don't want anymore, which will also make room for new things you might get in the future! Go through all toys and games and group them into three piles:

- First Pile: Things you want to take with you to the new home.

- Second Pile: Things to toss out (broken toys and games with missing pieces).
- Third Pile: Things you don't want but could be given away to other kids.

KIDS: Go Ahead and Ask: "What Else?"

Ask your parents what else can you do to help with all the sorting and packing that needs to be done. They will appreciate your help!

KIDS: Mark Your Stuff as "Yours"

Design your own personal "seal" for marking your boxes as YOUR property! As your belongings are packed, draw your "seal" on the outside of each box. Be creative! You can create your own work of art to mark your belongings.

KIDS: Get Ready for Your First Night!

Your first night in your new home is very special. Be sure to have your favorite pajamas, your trust blanket or stuffed toy, or your favorite book packed away in your suitcase or backpack. This will be your very own piece that you'll personally be in charge of to take with you to get ready for your first night in your new home!

KIDS: Don't Forget to Bring Some Entertainment!

Don't forget to take some things for you to do on the airplane or in the car on the way to the new home, such as books, video games, toys, or crayons and paper.



TIPS FOR MOVING WITH PETS

Take your time when packing. Stretch out your moving preparation time over several weeks. Avoid panic in the last days. Take steps to ensure that moving day is as relaxed as possible for you and your pets.

Make Travel Arrangements For Your Pets.

If your move involves air travel, contact airline carriers one month in advance. Ask about their pet regulations, and make reservations. Choose a non-stop flight to avoid extra handling and climate or air pressure changes.

Visit Your Pets' Veterinarian Before Moving.

A couple weeks before moving, request a copy of veterinary records, a rabies vaccination certificate, and a health certificate. Be sure your pets are up-to-date with their shots. If you have senior pet or they have health problems, ask whether a mild sedative would be advisable before travel. Can your vet recommend another in your new location? For out-of-state moves, contact the State Department of Animal Husbandry or the state veterinarian about entry regulations - almost all states have entry laws for most animals except tropical fish.

Don't Change - Maintain Your Pets' Routines.

Keep your pets' routines, such as feedings and walks, as normal as possible in the week before moving. Because dogs and cats need to feel in control, they might exhibit behavioral changes or even become ill when stressed. Treat them with the same level of attention you would ordinarily give them.

Make A Special Room For Your Pets.

A few days before moving, choose a small room to be the "pet room." Tape a sign to the door that says "Pets: Do Not Open." Make the sign large enough that friends or movers can see it easily. Move food and water bowls, as well as toys, into this room. Provide dogs and cats with sturdy carriers equipped with litter box (for cats), chew toys, or favorite objects that have a familiar smell. Leave carrier doors open so pets can adapt to them before travel day. On moving day, keep animals in their carriers. As an alternative, consider boarding dogs and cats, or ask a friend to care take care of your dogs or cats during the last few days.

Get Tags And Leashes For Your Pets.

If you have a dog or an indoor/outdoor cat, buy or create identification tags with your new address and phone number. Be sure your pets are wearing them during travel. While you're at it, pick up a cat leash—you'll need it (if you're taking a long road trip or an airplane).



Travel Checklist for Moving with Pets:

- Veterinary records, certificates, and recent photos
- Medications
- Beds (pillows, towels, or other crate liners)
- Plastic bags and scoops for dogs
- Your pets' usual foods and plenty of water from the home you're leaving (changing their water source can be disorienting and upset their stomachs)
- Food and water bowls, a can opener, and resealable lids
- Leashes for cats and dogs
- Litterbox for cats
- Cage covers for birds and rodents
- Paper towels for messes
- Toys, chew bones, and treats
- Provisions for the first day at the new home



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