

## What You Must Bring Along When You Move

Having lived on three continents and having moved approximately 25 times in my life, I feel qualified to talk about moves. I have also lived in a six-bedroom, six-bath house and in a 32-foot RV so that angle is covered as well.

There are a myriad of articles on how to minimize stress during a move, and I've seen dozens of "to do" lists on how and what to pack, but not many people focus on the most important thing of all...packing an **"ESSENTIALS" box**.

An essentials box has everything in it that you will need to survive the first few days when you are unpacking, and everything is still in disarray. Obviously, the exact same list won't work for everyone, as not everyone has pets or children, but this will give you a general idea of what you need to have handy.

Things in an essential box:

- Toilet paper
- Medicines – prescription meds and lots and lots of Tylenol 😊
- A change of clothes and something to sleep in your first night
- Toiletries
- Snacks and drinks
- Easy foods you can prepare with very little time or energy, peanut butter and jelly and bread or some microwave meals
- Paper plates, cups and silverware
- Sheets
- Towels
- Chargers for phone and computer
- Computer or iPad
- First aid kit or at least a bandage or two
- Reading glasses if you wear them
- Hearing aids
- Valuable jewelry
- Batteries
- Scissors or something sharp to help you open boxes
- Remotes to your tv's
- Pet food and a leash if you have a pet
- Basic cleaning supplies to use at your new home
- Your purse, wallet, credit cards, keys and phone
- Special toys or stuffed animals that your kids would be lost without
- A bottle of wine or a 4-pound box of chocolates or whatever else you need to treat yourself at the end of a long day!

Now, granted, I call this an essential box and then list dozens of items that probably weigh 150 pounds so maybe your essentials box will have to be a carload of essentials. But I think having these things will make the first few days in your new home less stressful.'

Good luck, and if you need help getting your home in order after a move, please give me a call!

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