



Canadian Association of Movers Help Sheet: Safe Packing

Packing Your Boxes – Start early & pack a couple of boxes each day!

- Prepare your box by making sure the bottom is secure, three strips of tape to hold the flaps together and for additional protection run two perpendicular to the seam.
- Pad the bottom of the box with paper (white clean newsprint) or blankets/towels for protection.
- Depending on what you are packing each item should be wrapped. Soft items such as clothing, towels, cushions etc. can be packed as is. You might even be able to use the towels to wrap around items.
- Fill the box to the top then close and seal, mark the contents on two sides but not on the top. If the box top sinks down more than an inch while pressing on it, firm the box up by adding a blanket or towel on the top. If the box compresses during packing, it will crush during the move, once stacked in the truck.
- Pack each room separately.
- Mark the box with the room and basic contents on the box (i.e. "Living Room Books", "Kitchen dishes"). If the box is fragile – write that on the box or purchase fragile tape from the dollar store to tape the box.
- Do not pack jewelry/valuables, money or important papers in boxes. If you can move them yourself – do!
- When packing dishes, pack them on their edge, use plenty of paper, make sure there are at least three pieces of paper between each dish, then wrap three or four in a pack. Glasses and stemware should be wrapped individually and stood up in the box, not laid down.
- Very important to label your boxes with the room they came from and a general description of the contents (i.e. "Living Room Books", "Kitchen dishes"). If the box is fragile – write that on the box or purchase fragile tape from the dollar store to tape the box. Remember to mark on two sides and not the top as it's easier to see when boxes are stacked.
- Consider labelling your boxes (1,2,3 or A,B,C) in order of need to unpack. That way your 3's or C's can be put aside to be unpacked last.
- Start packing well ahead of your move date, if you haven't used it in some time maybe you don't really need it. Think of donating to a non-profit, maybe a church, food to [Move for Hunger](#). There are plenty of organizations looking for donated items.
- Use the correct carton for what your are packing, dishes/glassware, breakable into to stronger walled container called a barrel or dish pack. Heavier items, books, tools, can goods etc. into smaller carton called a small or book, there are standard and heavy duty boxes that can be purchased at the big box stores. Lighter and bulkier items can go into larger cartons know mediums. There are boxes for clothing called wardrobes, picture and mirror cartons for like items. Mattress bags and TV Boxes.
- Be ready on move day. Have a time line and stick to it.

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