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FRIENDLY MAN AND VAN

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For over the past 15 years, I've worked in one of the most demanding fields imaginable – the man and van industry (first as a trainee and eventually as a team supervisor over a group of movers). Not only is the work physically demanding for man and van, but also it's emotionally demanding. Besides being able to lift 50-pound boxes, full-length sofas, and antique bedroom sets, professional movers must be patient, sensitive and understanding to their client's needs. After all, moving is perhaps one of the most stressful events that a person experiences in life. Throughout my career as one of the top man and van, I've always wanted to share my experiences and suggestions with others to make that big move that much more enjoyable. I have the time to actually sit down at my computer and write my "man and van" suggestions, tips, advice, etc. in the form of an ongoing blog. I plan to write blogs on an almost daily basis on a variety of "moving" related subjects. Some of the areas that I plan to discuss are the following:

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- Packing – How to pack, what to pack, when to pack, and what packing supplies are needed.
- Choosing the right man and van – Perhaps the key to a successful move.
- All you wanted to know about moving insurance.
- Moving internationally – What to know beforehand to make the internationally move a success.
- Do-it-yourself moving versus using full-service movers.
- Estimates from movers.
- Plus much more.

Examples of some moving tips In almost every blog, I mention some type of movers' tips or suggestions. Here are some examples:

- Color-code your boxes with stickers – For example, place a blue sticker on living room boxes and a red sticker on all kitchen boxes.
- Start packing four weeks prior to your move – Start packing all non-essential items for your movers four weeks prior to your big move.
- Take two weeks of clothing and linen with you on an international move – Lifts and containers usually take four to six weeks to arrive so don't get caught by surprise.

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Most of all - sit back and enjoy Even if you don't plan to move tomorrow, simply sit back and read my movers' advice and tips for a latter day. Sooner or later, everybody makes that big move in life.

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