



A Guide to Packing Your Own Move

General guidance for self-packing · Effective September 2026

This is a General guide to self-packing for your move.

1. Use the right box for the item

- Small/ medium boxes (books, tools, tins glass jars)
- Medium boxes (kitchenware, pots and pans, toys)
- Large boxes (ornaments vases lamps)
- Tall boxes (pillows, bedding soft toys).
- Keep boxes under a manageable weight (about 15–20 kg maximum)
- Lift properly — with your knees, not your back

Pack boxes so they stack well.

Don't overpack — if the top is uneven, the box won't stack flat.

Don't leave voids — the box will crush when stacked and may damage the contents.

Pack firmly so each box is sturdy and stackable.

Always try to use the same size boxes — it makes stacking and loading the van much easier.

A box of books should feel easy enough to carry without straining.

- Use correct box sizes
- Wrap fragile items individually
- Heavy items on bottom
- Fill all empty space
- Tape boxes securely
- Label clearly on multiple sides
- Prepare an essentials box

2. Label every box clearly, with a black marker

Include:

- Room (e.g., "Kitchen")
- Contents (e.g., "Plates & Mugs")
- Handling notes (e.g., "FRAGILE", "THIS SIDE UP")

Write on multiple sides, not just the top, so it's visible when stacked.

Pack a "first box to open " with:

- Phone chargers
- Toiletries
- Medications
- Basic kitchen items
- Kettle, tea coffee

A clearly marked "OPEN FIRST" box that travels with you instead of the removal van.

Where possible, choose a box size and strength that match the weight of the items you are packing. Remember that the correct weight is the one that you can comfortably pick up.

There are some items that we cannot transport, e.g. half used paint cans, petrol, strong solvents. Please ask if you are not sure.

Everything is expensive these days, you can try to keep the packing costs down but using pre used boxes (local Facebook groups can be good for this) also you can use newspaper, packing paper, clean rags, towels tea towels etc.

The other thing to remember is that it will take you longer than you think to pack for the average 3 bed house with two adults and two children. You should allow roughly 40 hours to do the packing over two to three weeks. It is best to do all of a room at the same time, leaving just the last essentials to box on the moving day.

Store the filled boxes out of the way if possible, stacking them 4 or 5 high.

3. Protect delicate items with padding

Possible materials:

- Bubble wrap
- Packing paper/old newspapers
- Towels, clothes cushions etc (cost-saving alternative)

Example — Wrap plates individually in paper, then place them vertically (like records) with padding between layers glasses cups and mugs. Do a small shake of the box to see if you can hear any noise. If you do, repack until nothing moves in the box.

4. Pack heavy items first, at the bottom

- Place heavy items at the bottom
- Add lighter items on top
- Fill gaps with soft materials

Example — bottom: canned food · middle: boxed groceries · top: tea towels. If a box has extra space after packing glasses, fill gaps with socks or paper so nothing moves when shaken.

5. Tape and reinforce boxes properly

- For heavy items tape the bottom seam well, two or three times if necessary.
- Double-tape heavy boxes when you have finished packing the box
- All crockery, glasses mugs and ornaments should have white fragile tape displayed on them.

- If a box is particularly light, write on it 'top load only'

Example — For a box of books, apply 2–3 layers of tape across the base before filling.

If in doubt ,ask we are here to help .