



**AMERICAN  
EAGLE**  
VAN LINES

MOVING TIPS FOR

# SENIOR CITIZENS

[WWW.AMERICANEAGLEVANLINES.COM](http://WWW.AMERICANEAGLEVANLINES.COM)



## PACK ROOM BY ROOM



Start early and pack at your own pace in order to not get overwhelmed. Pack only items that you will be taking with you to your new home.

## TAKE PICTURES

Take pictures of things that you may need to remember how to put back together, such as the cords to your entertainment center.



## DON'T LIFT HEAVY OBJECTS



Don't risk an injury by lifting something that is too heavy for you. Ask for help. Keep your health in mind.

## KEEP PATHWAYS CLEAR

Leave boxes in the garage or stack them out of the way in each room so that all pathways are clear and you can move around safely without tripping.



## PACK A SUITCASE



Pack a suitcase with items that you will need right away in your new home such as fresh bed linens, toiletries, medications, clothes and shoes.

## HIRE A MOVING COMPANY

Professional movers will have the equipment and expertise needed to ensure your items make it safely to your new home. Research and plan ahead when choosing a mover.

