



## Supplies Needed

- Boxes
- Newspaper
- Packing tape gun
- Packing tape
- Black marker
- Box cutter knife
- Dolly
- Truck
- Friends
- Humour

## Emergency Numbers

### Emergency 911

Police, Fire, Ambulance

### Doctor

Office 250-629-3233

Pager 800-866-5602  
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**Police** 250-629-6171

## TIPS

- Label boxes with short description of contents, the room it should be delivered to and then number all of them so you know when a box is missing.
- Pack a “NOW” box with the necessities you will need as soon as you arrive and things you don’t want to dig for that you will use your first day/night. Suggestions for this box are cleaning products, rubber gloves, a coffee maker & coffee, paper cups, plates, utensils, garbage bags, a flashlight, matches, candles, important phone numbers, a phone to plug in, soap, towel, a small toiletries bag, toilet paper, paper towel, medication (Tylenol/Advil) & bandaids. Make the box red or distinct so that it stands out and pack it in last so you can get to it first. Tell everyone the needs of this box.
- Your needs will change depending on the time of day you are moving, the season and the weather. If you are arriving at night and new to Pender you will be surprised at how dark it can be especially if there is no moonlight so pack lanterns and flashlights. You may also discover that no businesses are open until the morning... If you arriving in winter and things are stormy you should prepare for possible power outages.
- Pack a cooler of beverages and snacks for you and your helpers. If feeding the troops keep it simple so you don’t have to spend much time on preparations. Frozen pizza (don’t need plates) which can be popped in the oven is quick and easy. Another good option is buying fresh pasta like ravioli, boil it and add a sauce and add a bag salad with Italian dressing (only need one large pot). Precook chilli, freeze it in a ziplock bag, bring the slow cooker and leave it on in the corner so anyone can help themselves – add a roll and salad if you like.
- You may want to consider bringing some paper, a felt and tape to label the rooms so your helpers know where to take their boxes - particularly for the bedrooms and have more than one child.
- Keep your sense of humour. Moving is stressful no matter how excited you may be for the change. Everyone will have different levels of frustration. Be sure to thank your helpers and let them know you appreciate them being there for you. It a hard job and I have yet to meet someone that loves to help someone move. Recognize when they may need a break too.