

# The Calm Move Framework

## A practical system for moving house without losing track of your stuff

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### Page 1 — Cover

#### The Calm Move Framework

A practical system for moving house without losing track of your stuff.

Moving doesn't have to feel chaotic. With the right structure, you can reduce stress, avoid mistakes, and stay in control from packing to unpacking.

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### Page 2 — How To Use This Guide

This is not a rigid week-by-week plan.

Use the sections based on where you are in your move.

If you're eight weeks out, start at the beginning.

If you're moving next week, jump straight to what's relevant.

You are not behind. Start where you are.

Each section includes:

- Practical checklists
- Decision tools
- Simple systems to reduce stress

Tick what applies. Skip what doesn't.

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## PHASE 1 — PLAN SMARTER

### Page 3 — Move Strategy & Booking Movers

The earlier the key decisions are made, the smoother your move feels.

Early decisions reduce last-minute stress.

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## Decide Your Move Approach

- Full-service movers
- Van hire (DIY move)
- Hybrid (you pack, movers transport)
- Temporary storage required
- Declutter before moving everything

Make these decisions early — they affect every other step.

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## Booking Movers Checklist

- Confirm your move date
- Get at least 2 written quotes
- Provide accurate home details (bedrooms, stairs, access)
- Ask about parking and loading logistics
- Ask about insurance limits and liability
- Confirm estimated box count
- Ask if they offer phone consultations if unsure on volume
- Confirm arrival time in writing

The more detail you clarify upfront, the fewer surprises on move day.

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## Insurance & High-Value Items

- Photograph condition of TVs, artwork, and fragile items
- Check mover liability limits
- Consider separate insurance for high-value items
- Keep receipts or serial numbers accessible
- Decide if any items should travel with you instead

Confirm protection before loading — not after damage.

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## Page 4 — Packing Supplies Planner

The right supplies remove friction later.

Buy once, buy correctly, and avoid repacking or improvising under pressure.

### Essentials

Item	Have	Need to Buy	Don't Need
Tape gun	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Strong packing tape	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Item	Have	Need to Buy	Don't Need
Uniform moving boxes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Permanent marker	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Stanley knife / box cutter	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Torch / flashlight	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Protective Materials

Item	Have	Need to Buy	Don't Need
Bubble wrap	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Packing paper	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mattress protectors	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Stretch wrap	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Furniture blankets / covers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Organisation Tools

Item	Have	Need to Buy	Don't Need
Room-labelled boxes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Coloured room labels	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Zip bags (for screws)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Clear plastic tubs (priority items)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Large transparent storage bags (bedding)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Heavy-duty clothes storage bags	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cable ties	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Small notebook	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Practical Notes

- Order bubble wrap close to packing start date — it takes up more space than expected.
- Uniform box sizes stack better in vans and storage units. Two sizes (large and small/medium) usually work best.
- For glassware and bottles (wine, liquor, oils), use boxes with dividers or separators.
- Large transparent storage bags are ideal for bedding and soft items.
- Zippered clothes bags can be faster than folding into boxes.
- Replace toilet brushes before the move. They are inexpensive and rarely worth transporting.
- Keep a Stanley knife accessible for both opening and breaking down boxes.
- A small torch is surprisingly useful for lofts, sheds, and low-light unpacking.

- Boxes with room tick-boxes help both you and the movers.
  - Avoid very cheap tape — it fails under weight.
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## PHASE 2 — PACK WITH A SYSTEM

### Page 5 — Smart Labelling & Box Structure

#### Create Your Digital Inventory First

Create your Places before you pack your first box.

Before sealing boxes, set up your structure in Storalla.

Create **Places** for each destination area, such as:

- New House
- Garage
- Storage Unit

Inside each Place, create **Containers** for the boxes you're packing. For example:

- Glassware 1
- Glassware 2
- Food Cupboard 1
- Hallway 1

As you pack, log items into the correct container and generate its QR code label. Attach directly to the box.

This becomes the searchable record of what's inside each one.

If you don't already have a digital inventory app, set one up before you start packing — designed specifically for this.

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#### Label Physical Boxes Clearly

- Label every box with its room
- Attach the matching Storalla QR code to the box
- Mark fragile items visibly on multiple sides (even better if you use fragile-labelled tape too)
- Clearly identify priority or first-night boxes

Most people stop at room labels. That's where confusion starts.

Room labels tell movers where the box goes.  
QR codes tell you what's inside.

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## Make Your System Work on Move Day

When multiple boxes say “Kitchen,” guessing begins.

With Storalla, you can:

- Search for an item and see exactly which box it’s in
- Scan the QR code on a box to see its contents instantly

Physical label = where it goes.

Digital inventory = what’s inside.

Used together, they remove blind spots completely.

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## Page 6 — Packing Priorities

Packing too early creates friction. Packing too late creates stress.

The goal is controlled sequencing.

Pack in order of usage, not by room.

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### Start With Low-Use Items

- Seasonal clothing
- Books and decorative items
- Rarely used kitchen equipment
- Storage cupboard contents

These items won’t disrupt daily life if packed early.

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### Then Pack Occasional-Use Items

- Spare bedding
- Extra shoes
- Office supplies
- Tools not needed immediately

Keep daily essentials accessible until closer to move day.

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### Leave Daily-Use Items Until Last

- Phone chargers
- Toiletries
- WiFi router

- Important documents
- First-night clothes

Seal these last and mark them clearly.

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### **Create a “First 4 8 Hours” Container**

- Basic kitchen essentials
- Toiletries
- Towels
- Pyjamas
- Cleaning wipes

Keep this container clearly labelled and immediately accessible.

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## **PHASE 3 — MOVE DAY**

### **Page 7 — Move Day Essentials Strategy**

Moving day isn't about organisation. It's about access.

Anything you might need in the first 2 4 hours should not be in the moving truck.

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#### **KEEP THIS WITH YOU (Not In The Truck)**

- Phone chargers
- Medication
- Important documents
- Wallets / keys
- Snacks and water
- Toilet roll
- WiFi router
- Measuring tape
- Basic cleaning wipes
- Stanley knife or scissors

Suggested placement: front seat of your car or a clearly labelled clear tub marked **“First Night”**.

If you might need it before everything is unpacked, keep it with you.

Many people end up reopening sealed boxes because this step wasn't planned.

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## Before You Leave

- Take final meter readings
  - Photograph property condition if required
  - Do a final cupboard sweep
  - Check garden / shed / loft
  - Confirm all priority boxes are easily identifiable
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## Page 8 — High-Risk Items & Protection

Some items carry more risk — financially or emotionally.

Identify them early and handle them deliberately.

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- Photograph TVs, artwork, mirrors, and fragile items before loading
- Confirm how movers will wrap and transport large electronics
- Keep remote controls and cables in labelled bags
- Avoid laying flat-screen TVs flat unless professionally packed
- Consider transporting irreplaceable or high-value items yourself

Clarify liability limits before move day — not after something breaks.

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## Page 9 — Kids & Pets Strategy

Moves are disruptive. The more predictable you keep things for children and pets, the smoother they will feel.

Plan comfort and containment before you plan unpacking.

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### If You Have Children

- Pack comfort toys and favourite items last
- Keep first-night clothes and pyjamas accessible
- Maintain familiar meal and bedtime routines where possible
- Let them pack a small personal “move bag”
- Keep essentials within easy reach during the move

Familiar objects reduce stress more than explanations do.

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## If You Have Pets

- Prepare a quiet room during loading and unloading
- Keep bedding and familiar items nearby
- Avoid feeding immediately before transport
- Update ID tags if your address is changing
- Introduce the new space gradually

Contain first. Explore later.

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## Page 1 0 — Common Moving Mistakes

### ✗ Labelling boxes “Misc” or “Spare”

→ Label every box with its room and attach a matching Storalla QR code so you can search later.

### ✗ Packing without a clear system

→ Create your Places and Containers in Storalla before you start packing, and log items as you go.

### ✗ Overfilling boxes (especially books)

→ Keep weight manageable to avoid breakage and strain.

### ✗ Mixing multiple rooms in one box

→ Keep boxes room-specific to speed up unloading and unpacking.

### ✗ Burying frequently needed items

→ Clearly mark and separate first-night and priority boxes.

### ✗ Underestimating how many boxes you'll need

→ Ask movers for guidance if unsure, and order slightly more than you expect.

### ✗ Packing everything too early

→ Leave daily essentials until last to avoid reopening sealed boxes.

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## PHASE 4 — SETTLE IN WITH CLARITY

### Page 1 1 — The Emotional Reality of Moving

Moving house isn't just physical. It's cognitive.

During a move, the visual anchors your brain relies on disappear. Drawers become boxes. Shelves become stacks. Familiar layouts vanish overnight.

Decision fatigue builds quickly. You open three boxes to find one thing. You second-guess what you packed something. You start wondering whether it's in the garage, the hallway, or still in storage.

This doesn't mean you're disorganised. It means the context changed. And that shift is inherently stressful — it happens to almost everyone who moves.

Clarity doesn't come from remembering better. It comes from restoring visibility.

Most people move relying on memory and rough labels. That's where friction starts.

Small systems — clear labels, grouped boxes, recorded contents — reduce mental load dramatically. When you can see what you own and where it is, the move feels manageable again.

A little planning puts you ahead of the chaos most movers accept as normal.

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## Page 1 2 — Unpack Without Chaos

Unpacking isn't a race. It's sequencing.

Set up functionality before aesthetics.

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- Unpack high-use rooms first (kitchen, bathroom, bedroom)
- Decide layouts before emptying every box
- Keep one clear working space per room
- Break down empty boxes immediately to reduce visual clutter
- Make your garage or storage its own organized zone — not overflow.

Avoid opening multiple boxes at once. Finish one area before moving to the next.

Precision matters more than speed.

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## Page 1 3 — Storage Unit Strategy (If Applicable)

Storage units don't become chaotic overnight. They become chaotic when visibility disappears.

Treat storage as an extension of your home — not a blind spot.

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- Group boxes by room or category
- Leave a clear central aisle for access
- Place frequently needed items near the front
- Label boxes outward-facing
- Keep an up-to-date digital inventory of what's stored there

If you can't see what's inside your storage unit without driving there, the system isn't complete.

You should be able to check what's stored from your sofa — and avoid unnecessary trips.

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## Page 1 4 — Your Move Snapshot

A clear overview prevents small details from becoming stress points.

Use this page to anchor your move in one place.

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**Move Date:**

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**Movers / Transport Method:**

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**Estimated Box Count:**

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**Storage Required:**

Yes / No

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**High-Value or Priority Items to Monitor**

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### Readiness Check

- Packing supplies purchased
  - Kids plan prepared (if applicable)
  - Pets plan prepared (if applicable)
  - First 4 8 Hour container prepared
  - Priority boxes clearly identified
  - Digital inventory set up
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Clarity reduces stress. Visibility reduces uncertainty.

You don't need everything perfect. Just visible.