

Moving Green

An Eco-friendly Guide to Moving Home



 **CITY**
REMOVALS & STORAGE

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Yes, you can Move **Green** (and Make **Money**)

We all do our bit.

We recycle. We insulate our homes. We shop with our values and choose clothes that are not made in sweatshops and coffee that has been sourced fairly.

And we donate to charities striving to make the world a safer, greener and better place for our children.

But some things in life are unavoidably bad for the environment.

Take that most stressful of life events: moving home. Moving home involves creating a lot of waste. All those cardboard boxes. The avalanche of bubble wrap.

And then there is all the toing and froing.

We can't move our world without spoiling the world.

Except now you can. And contrary to what you might think, 'moving green' can make environmental and financial sense.

It can be fun and rewarding too.

Full of practical checklists and links to useful resources, this green moving guide is split into six sections and shows you:

- ✓ How to pick both an experienced and eco-friendly removals company
- ✓ How to declutter your home, make money and new friends
- ✓ How to pack up your world the right way
- ✓ How to tick off all those things you might otherwise forget
- ✓ What to do on the big day to stay sane (for you and your loved ones)
- ✓ Plus how to keep moving green following the move

This guide is child and pet friendly too – it's their world you're moving too and making it less stressful for them makes it a lot less stressful for you.

We'd also love to keep this guide moving, so if you have any green moving tips of your own, please share them with us on [Facebook](#).

You can also email us at movinggreen@city-removals.co.uk or call us on [0800 078 7952](tel:08000787952) or [0203 583 9034](tel:02035839034) and let us know how you made your move greener.

Here's to moving responsibly in 2016.

The City Removals Team.



How to Pick Both an Experienced *and* Eco-friendly Removals Company

Ask Around First - And go Online

When selecting your removals company, ask friends, family and work colleagues for their personal recommendations first.

Online customer review sites like [Removal Reviews](#) and [Trustpilot](#) are also a great source of objective and impartial suggestions to narrow down your search.

Once you've identified a handful of potential movers, the next step is to get them to pop round to your house or flat, assess your needs, and furnish you with a free no obligation quotation.

To maximise this opportunity, on the next page are ten questions you can ask them to ensure they have the right blend of experience and expertise you need.

But you don't have to arrange a visit with all the associated travel and pollution.

If you have a small flat or are planning on doing all the packing yourself, you can often go online and get a moving quote. It won't take long and you can typically do it on your way to work.

There are environmentally friendly questions you can ask too.



So after the standard questions you should ask your remover, we've added a further ten questions you can ask if you want them to move in step with your values.

If they tick all twenty boxes, consider that a win-win for you and the environment.

(If you're printing these checklists out, please use recycled paper!)



10 Questions to Ask your Removals Company

		YES	NO
1	Are you fully insured?	<input type="checkbox"/>	<input type="checkbox"/>
2	Are you a member of the British Association of Removers? 	<input type="checkbox"/>	<input type="checkbox"/>
3	If I'm moving to Europe, are you also a member of the Federation of European Movers Associations? 	<input type="checkbox"/>	<input type="checkbox"/>
4	Can I see your Terms and Conditions?	<input type="checkbox"/>	<input type="checkbox"/>
5	Do you offer free no obligation surveys?	<input type="checkbox"/>	<input type="checkbox"/>
6	Do you provide access to storage?	<input type="checkbox"/>	<input type="checkbox"/>
7	Do you ever subcontract work or use temporary staff?	<input type="checkbox"/>	<input type="checkbox"/>
8	Do you offer flexible packing solutions?	<input type="checkbox"/>	<input type="checkbox"/>
9	Do you have a reputation for honesty or professionalism I can check out for myself?	<input type="checkbox"/>	<input type="checkbox"/>
10	Can you help us move home on a Sunday – for the same price?	<input type="checkbox"/>	<input type="checkbox"/>

10 Extra **Eco-Questions** you can Ask

		YES	NO
1	Will you select travel routes and moving times to cut down on emissions?	<input type="checkbox"/>	<input type="checkbox"/>
2	Do you provide access to environmentally friendly storage?	<input type="checkbox"/>	<input type="checkbox"/>
3	Are your offices and warehouses energy efficient?	<input type="checkbox"/>	<input type="checkbox"/>
4	Are your staff encouraged to recycle	<input type="checkbox"/>	<input type="checkbox"/>
5	Do you sell boxes and containers made of recycled material?	<input type="checkbox"/>	<input type="checkbox"/>
6	Will you dispose of any of my unwanted items in a safe and environmentally sensitive way?	<input type="checkbox"/>	<input type="checkbox"/>
7	Do you have a publicly available Green or CSR Policy?	<input type="checkbox"/>	<input type="checkbox"/>
8	Do you provide online quotes?	<input type="checkbox"/>	<input type="checkbox"/>
9	Do you choose vans and trucks that emit less pollution?	<input type="checkbox"/>	<input type="checkbox"/>
10	Do you give back to your local community?	<input type="checkbox"/>	<input type="checkbox"/>

2

How to Declutter your Home, make **Money** and New **Friends**

It's Decluttering Time

It may seem obvious, but the less stuff you take with you the less trucks and vans you need. Which means your move will not only cost less but have less of an impact on the environment.

So roll up your sleeves and prepare to be ruthless.

Clothes that don't fit anymore. Books and DVDs you'll never read or watch again. Furniture that's seen much better days. Old toys and tech.

Not to mention all those dilapidated fridges and rusty gardening tools in the garage that you always planned on clearing out, but never found the time.

All of this unwanted stuff can now go. But don't just start binning everything.

You can make money from your unwanted stuff. Money you can invest in buying new stuff for your new home or flat.

And those things that you can't turn into a profit can profit someone else.

So here are a few decluttering tips you can use to make money or make friends.

And if you have anything left over, some recycling advice too.

(A green hat tip to [Recycle Now](#) for a number of ideas and links in this section.)

Make **Money** from your Unwanted Stuff

Sell to Friends, Family - even the Neighbours

Has your neighbour been 'borrowing' your ladder for years?
Why not make them an offer they can't refuse?

Is your best friend starting a small businesses?
How much would they give for your old laptop and printer?

You'd be surprised how much of your unwanted stuff the people around you would gladly take off your hands - for cash too.

You don't have to ask around either. Make an inventory and post it on Facebook and ask your network if they want to buy any of your unwanted belongings.



Hold a Garage Sale or Visit a Car Boot Sale

If you're moving in the summer, hold a sale outside the house to shift all those knick knacks, unwanted crockery or old jigsaw puzzles that still have some value.

This is a fun thing to do and the kids will enjoy getting involved.

You can find your nearest Car Boot Sale for free on [Car Boot Junction](#).

Trade in your Tech on the High Street

[Cash Converters](#) and [CeX](#) will buy your unwanted electrical items, especially if you have the original packaging and all the manuals.

[Argos](#) also offer an over the counter trade-in service for unwanted mobile phones and tablets.

Use Social Media and Online Auction Sites

You can sell just about anything on websites like [eBay](#), [Gumtree](#), [Preloved](#) and [Music Magpie](#).

If you've never used these sites before, there is a lot of step-by-step advice online, but don't be afraid to also get some advice from friends to avoid making any newbie mistakes.

Make Sure you've Erased Personal Data

Especially when it comes to laptops, mobiles and tablets, make sure you have erased all your personal data from each device that finds a new home.

If you don't know how, here is some handy free advice from [Which?](#):

What to do before you sell your [smartphone](#).

What to do before you sell your [laptop](#).

What to do before you sell your [tablet](#).

Lots of other electrical items like smart TVs and Sat Navs also store information about us. Follow the instructions or search online for guidance on removing subscriptions or personal data from them if you are selling them on.



Make **Friends** by Giving Away your Unwanted Stuff

Give your Stuff to Local Charity Shops

We've all walked past the charity shops on the High Street. Now is the time to call in with your old clothes, books or games.

If you don't know where the local charity shops are in your local area, pop your postcode into the quick search tool on the [Charity Retail Association](#) website and they will list all the local charity shops within a five mile radius.

You can also drop your stuff off at clothing and shoe banks at your nearest supermarket or car park.

Give your Stuff to Online Re-use Organisations

If you don't drive, you can go online and give away everything from kitchen utensils to fish tanks through re-use organisations like [Freecycle](#) and [Freegle](#).

And if you have unwanted furniture, try the [Furniture Re-use Network](#).

Recycle Responsibly

If all else fails, it's time to think of recycling. If you don't know where your nearest recycling centre is, put your location into this handy [Recycling Locator](#).

If you're disposing white goods like fridges and bulky electricals like flatscreen TVs, your local council should offer a household recycling collection. Contact them to see what they will take off your hands and how much they charge.

If you live in Scotland, call the National re-use phone line on 0800 0665 820.

Ask your Removals Company for Help

Your removals company will dispose of any unwanted items for you after you have moved in. If they incur recycling costs, then they will pass them on to you, but they have the vans and muscle power to help you when you need it.





How to Pack up your World the **Right Way**

Pack Quickly, Safely and **Responsibly**

Your removals company can lovingly pack up and move your entire world for you, and they have the experience, expertise and resources to do so.

But you can ask them to just take care of disassembling, moving, and reassembling the heavy stuff like furniture or white goods.

Or use their expertise to safely transport delicate breakables or antiques. And you can do everything yourself. Though please ask friends and family to lend a hand if you are.

The following advice is for those doing the packing themselves. We also cover green storage solutions as well as offer tips on how to clean your old home.



Use Boxes made of Recycled Material

There is no avoiding the need for cardboard boxes - lots of boxes. You'll have some lying around - and friends and family will be able to lend you some too.

Your removals company can also help. If they don't sell cardboard boxes made of recycled material - they will at least know where you can buy them online.

Or Think Outside the Box

You can also use recycled plastic containers. Clear plastic ones are especially useful because you don't have to label what's inside.

Don't forget that your remover should be more than happy to collect and reuse any boxes and containers after you've moved in.

Wrap Fragile Items in Biodegradable Bubble Wrap

Bubble wrap is great for keeping breakables safe. But you can buy biodegradable bubble wrap (often literally the colour green so you know what you're buying) and your removals company should be able to sell some too at a fair price.

And Non-fragile Items in Old Newspapers or Clothing

Newspapers and magazines are excellent packing materials to secure non-fragile items. If you don't have many lying around, collect those that come in the weeks before the move - including junk mail - or ask family and friends.

T-shirts, socks, jumpers, towels, even soft toys make great gap fillers or to line the edges of boxes. For protecting items like furniture or artwork, you can also use spare blankets, towels, and even sleeping bags.

A win-win solution because you have to pack and transport these items anyway.

Just remember: these packing items are naturally heavier alternatives to bubblewrap, so check the weight of the boxes you're packing as you go. No point being good to the environment if it puts your back out.

Now that you've got all your packing materials ready, here are five things you should do to pack safely and securely.

Five Tips to Packing Safely and Securely

Now that you've got all your packing materials ready, here are five things you should do to pack safely and securely.

1. Layer Things

Just like with your groceries, pack heavy items in individual boxes or at the bottom of boxes with lighter things on the top.

2. Pack Like with Like

Shoes. Cutlery. DVDs. Toys. Important documents. If you have coloured boxes, or boxes of different sizes, stick to one type where you can.

3. Don't Overfill

Boxes will only end up breaking and the contents cracked or smashed. And if family or friends are going to help and they are not as strong as you, pack for them, not you.

4. Set aside Fragile or Bulky Items

If these items need to be handled carefully, mark the boxes so that EVERYONE knows they are fragile.

5. Beware Hazards

Set aside all hazardous materials such as paint, bleach and aerosols, into a separate box and keep them away from the rest of your stuff.

Learn to Love Lists and Labels

We love labels. We love lists. Especially when they are in technicolour. You need to learn to love them too – trust us, they will save you oodles of time and stress.

Your kids might find it a fun game too. Call it the 'Great Packing Game' if you like.

Firstly, give each box:

A room:

Lounge/kitchen/bathroom/master bedroom/nursery etc.
Note, we mean here the room of the house or flat you are moving to, not from

A Colour:

E.g. Green = lounge, blue = kitchen, yellow = bathroom

A Number:

Then a number: 1, 2, 3 etc written in BOLD on the side

Then as you pack (not after!) make a list of what's in each box.

But remember: keep it simple. You don't need to list all the film titles on your DVDs. If it is important you find something quick, jot it down.

So as an example your list might look something like this:

Lounge - Green - Box 1 = Music DVDs and TV Remotes

Kitchen - Blue - Box 2 = Cutlery

Bathroom - Yellow - Box 3 = Towels and Shampoo



You don't need an Excel spreadsheet, unless you love Excel too, but when you're done either:

- Print out your finished list and put it in a clear plastic wallet (helpful if you're redecorating as you go) so that you can read it easily
- Or ensure you can access a copy on your mobile or tablet

One other thing you can do before you move is to label the doors of your new house or flat to correspond to the labels on your boxes (use colours again).

This way you – your removal team – and the kids – will all know which box goes where and save you a huge amount of time later on.

The Amazing Moving Box

We recommend you pack a special box (sometimes called an 'open first' box). This can include any of the following items:

- ★ Toiletries: Toothbrush, soap, hairbrush, toilet roll
- ★ Clothes: Clothes, underwear and pyjamas for a few days
- ★ Cutlery: Mugs, a few plates and a small selection of cutlery
- ★ Homeware: A couple of tea towels and a hand towel, cleaning products
- ★ Kitchenware: Kettle, tea, coffee and biscuits, tea towel, washing up liquid, tin opener, corkscrew
- ★ Tech stuff: Laptop, mobile or tablet chargers
- ★ Personal stuff: Make up, keys for any important items or cases
- ★ Emergency stuff: A torch, small tool kit and medical kit
- ★ Key documents: Passport, driving license and marriage certificate etc
- ★ Local stuff: Fast food and taxi numbers – the last thing you want to do when you've just moved in is start cooking
- ★ Spare change: For milk or parking – or a bottle of wine to celebrate your move (which is why we advocate taking along a corkscrew!)



Kids can also pack their own 'amazing kid's moving box'.

Pack Pet Things Last

Pets are creatures of habit. Your cat has spent years territorising the garden. Your dog just loves cat napping on that old chair by the window.

Moving can be more traumatic for them than for you – they don't care if the new house has a bigger garden, or that you're moving in an ethical way.

So pack their bowls, beds and toys last so they don't get too spooked. And keep the dreaded cat carrier out of sight.

And on moving day, arrange for friends or family to look after them until you're safely in your new home. You don't want to give them the chance to bolt out the open door when strange men are busy filling the van.

Get some Green Storage at Big Yellow

If you have items that you don't want to dispose of or take with you to your new house or flat right now, then secure local storage is your best option.

But storing your things in environmentally unfriendly garages isn't the only option you have.

Take **Big Yellow** storage. Their warehouses use sustainably manufactured building materials. Have rooftop gardens and solar panels. They even use ground source heat pumps to warm reception rooms and offices.

All in all, Big Yellow are a big friend to your stuff and the environment.

But if you plan on using them, don't forget to come through us for a big discount.



Clean up using Eco-friendly Cleaning Products

Whether you're scrubbing up your old place to get your security deposit back or just being house proud, cleaning as you go is always the best way.

And you can also use eco-friendly cleaning products. **Nigel's Eco-Store** - the largest independent eco retailer in the UK - offers a range of eco-friendly cleaning products that do just as good a job as the more familiar but less friendly household names.

Even if it's brand new, your new house or flat will also probably need a clean, so make sure you buy as much or as little as you might need.










4

How to Tick off all those Things you Might Otherwise **Forget**

Your Checklist to a **Stress Free** Move

As well as all the decluttering and packing you need to do, there are loads of people and companies that need to be aware of your changing circumstances.

But don't panic. Here's a checklist you can use to keep on top of things.

1	Give Notice to your Landlord If you are in rented accommodation, give notice to your landlord.	
2	Ensure you've got Everything Covered If you are packing any valuable belongings, take them to an expert to assess their value and make sure you have adequate insurance. Notify your contents insurer and arrange to move the cover to the new address from the day you move in. Buildings insurance needs to start on your new home from the day you exchange contracts. Also remember other insurance policies: life, car, medical and pets.	
3	Order new Furniture As you're clearing out unwanted items, start a list of new things to replace them with. Order them now and they can be delivered to your new address when you move in.	
4	Book Time off Work Most people move on a Friday, so make sure you book that day off and let colleagues know that that weekend will be taken up with the big move. If they can give you a few extra days, take them.	
5	Dust off your Address Book Most people move on a Friday, so make sure you book that day off and let colleagues know that that weekend will be taken up with the big move. If they can give you a few extra days, take them.	
6	Get your Tax Affairs in Order Most councils have websites, so visit yours to submit your new details. Also inform the tax office if you are self-employed.	
7	Redirect the Phones Inform landline and mobile services of your moving date and your new address.	

8

Take Care of your Money

These include your bank, credit card, investments, savings accounts, loans, life assurances, pensions, and shares.



9

Update Online Profiles

Most of us shop online these days and it is easy to forget how many companies you use. From now on, every time you use one, update your delivery address.



10

Notify Schools, Doctors, Vets

Don't forget to update your kid's school of your new contact details. Your doctor, dentist, optician and vet need to know too. This is especially important if you are moving out of the area (or abroad) and need to deregister.



11

Book the Locksmith

Book a slot to change the locks in your new home as soon as you arrive.



12

Transfer your Internet Provider

Arrange for all broadband or satellite TV services to be transferred: now might also be a good time to shop around for a better deal.



13

Make Sure you Still get Benefits

Update your records for any social security payments you may receive.



14

Redirect all Post

It takes five days to set up the instruction to redirect your post, so to be on the safe side visit your local Post Office branch or complete the [online form](#).



15

Arrange to Pick up your Keys

Arrange a time to collect the keys from the estate agent.



16

Take Care of all other Deliveries

Notify deliveries such as milk, newspapers and magazines that you are moving and the date on which you'd like the service to stop. Again, do this as you go.



17

Don't Lose your Right to Vote

Visit the [UK Government website](#) to update your details.



18**Get new Collar Tags for Dogs and Cats**

Contact details on microchips will need updating too.

**19****Don't Forget Non-essential Organisations**

Don't overlook any connections you may have to local charities, loyalty cards, subscriptions, gym memberships, and mail order and internet companies. They all have your old address until you say differently.

**20****Keep your TV Licence**

To avoid being unlicensed in your new home or risking prosecution and a fine, [go online](#) and ensure your details are up to date or call 0300 790 6131.

**21****Read the Meter**

With all of your utilities – gas, electric, water – make sure they know when you're moving and that you take any final readings just before you move

**22****And the Night Before the Big Moving Day**

Charge mobile phones. Defrost the freezer. And get an early night.

You and your family are going to need it.



5

What to do on the Big Day to Stay Sane (for You and your Loved Ones)

It's a **Big Day** but it doesn't have to be a Big deal

Wake up early. Take a shower. Eat a hearty breakfast.

If you haven't followed our advice already, make sure young children and pets are out of sight but not out of mind with friends and family.

Your removals company will have discussed everything with you in advance and when they arrive you can rest assured that everything will run like clockwork.

Okay, almost everything. There are always some snags, but there is nothing you own that they haven't safely packed up and moved before.

So let them do the heavy lifting. If you want to get stuck in and they are happy for you to do so, knock yourself out.

Then once you've taken all your meticulously labelled boxes into their carefully labelled rooms, dig the kettle out of your amazing moving box – and relax.

Believe us when we say that all your hard work and careful planning can be undone if you unpack everything straight away.

And you shouldn't do all the unpacking alone.

Don't be Afraid to Seek Help

We've encouraged you to involve friends and family in decluttering and packing and there is no reason why they can't help you unpack too.

Just make sure young children are kept away from any heavy, fragile, or potentially dangerous items.

Once you're done, don't forget to set a date and invite everyone who lent a hand to a house warming party too.

It's an important new step in your life, so enjoy the fresh new start together.



How to Decide what Needs Unpacking First

This may sound obvious, but if you have a family, do the kid's rooms, bathrooms and kitchen first.

But if you are single and work from home, then put up your bed first and make sure the study is wired up so that you can unpack and work when you need to.

Dispose of Packing Materials Responsibly

If friends or family are helping you unpack and are moving soon, they could take them off your hands.

Your removals company will also be happy to take them off your hands.

Two Final Pieces of Pet-friendly Advice

You've probably taken a good look around your garden before you moved in, but it doesn't hurt to double-check that there are no gaps in any fences or hedges that spooked pets can sneak out through in a misguided attempt to run home.

Your goldfish won't bat an eyelid (okay, we know fish don't have eyelids but you know what we mean). But your dog or cat will need to acclimatize to their new home, so have your environmentally friendly cleaning products to hand for any little accidents.

The sooner normal walking, playing and feeding times resume, the sooner you and your pets will feel at home in your new home.



6

How to Keep Moving **Green** Following the Move

Making a Fresh **Green** Start

Unless you're lucky enough to be moving to one of Britain's cutting-edge eco-communities like **Whittington and Fisherwick in Staffordshire** striving to become one of the first truly low carbon communities in the UK.

Or joining the tiny 50-home community on **Eigg** in the Inner Hebrides where islanders produce over 90% of their electricity through renewable sources, chances are that your new home or flat – depending on when it was built – won't be as environmentally sound and energy efficient as it might be.

Of course, the last thing you want is tradesmen trooping around your new house or flat so soon after moving in.

But with your things safely tucked away in bio-degradable boxes, you might consider making some energy saving changes.

Check the Efficiency of your Boiler

A boiler accounts for more (55%) of the average home's energy bills, so check the efficiency of your new boiler. If it is out of date and inefficient, make it a priority to have a new boiler fitted as soon as you move in.

Make sure you have boiler cover too, especially if you're moving in Winter.

Assess Insulation

If your new house or flat was built in the 1990s onward, then it should have energy saving cavity wall insulation. But if you're moving into an older home, find out what work has – or hasn't – been done.

Check the Efficiency of Windows too

Look for the label. Windows are rated A-G for their ability to retain heat. B and above are the most efficient. If you don't want to replace your windows, you can consider thicker lined curtains, shutters, secondary glazing, or sealed blinds that don't just help prevent heat loss but can also reduce noise pollution too.

Replace old Incandescent Bulbs with LEDs

You can do this as you pack up your light fittings in your old home, but now is also the perfect time to survey the lights in your new house or flat and start replacing inefficient bulbs with modern energy efficient ones.

You can buy LED lights practically anywhere, but Nigel's Store has a good range.

Review your Utilities Providers and Shop Around

As soon as you move in, take a meter reading to be sure that you aren't billed for the previous owner's usage.

But you don't have to get stuck with the previous owners' energy supplier either.

Shop around for any better deals that might be available.

Food Glorious Organic Food

More than three quarters of us buy our groceries online. But there has been a revolution in the way local farmers and local organic producers sell directly to their local communities.

And if you are moving to a new village, town or city where it might take time to get to know people and feel part of the community, now is a great time to rethink how – and where – you buy your food.

If you want to do a quick search, [The National Farmers Retail and Markets Association \(FARMA\)](#) has a great interactive map you can use to find local shops and markets in your new area.

You can also join increasingly popular groups like the [Food Assembly](#).



Send Junk Mail to the Junk Folder

Now is also good time to stop junk mail. You can do that by registering with the Mail Preference Service at the [Direct Marketing Association](#).

That is unless you're planning on moving again sometime soon, in which case you now know how to put that junk mail to good use.



Thank you from **Everyone** at City Removals

This free green moving guide has been
put together by **City Removals Ltd.**

We are a family run company and we want our children to inherit a better world, so please feel free to share our green moving home guide with any family, friends, or work colleagues who are moving home.

Like we said at the outset, we'd also love to keep this guide evolving, so if you have any green moving tips of your own, share them with us on **Facebook**.

You can also email us at movinggreen@city-removals.co.uk or call us on 0800 078 7952 or 0203 583 9034 and let us know how you made your move greener.

Thanks again from everyone at City Removals!