

# THE HERCULES SELF-PACKER'S PLAYBOOK:



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## The Ultimate Guide to Packing Like a Pro

Packing for a move can feel overwhelming, but with the right plan and the right tools, you can protect your belongings and save significant time on moving day. At [Hercules Helpers](http://HerculesHelpers.com) ([herculeshelpers.ca](http://herculeshelpers.ca)), we've helped thousands of families move across [Metro Vancouver](#), and we've gathered the best professional secrets to help you pack your home safely and efficiently.

Whether you need [Full Packing Services](#), Moving services or just [Load/Unload Only](#) services for your own rental truck, these "Heroic" tips will ensure your items arrive at your new front door in perfect condition.

## 1. The Master Inventory: Get the Right Gear

### Tip

The secret to a fast move is "Standardization." When boxes are uniform, they stack perfectly on our dollies and in our trucks, which saves you money on hourly labor.

### How Many Boxes Do I Need?

- **1-Bedroom Home:** 20–25 Medium Boxes, 10 Small Boxes, 3 Wardrobe Boxes.
- **2-Bedroom Home:** 40–50 Medium Boxes, 20 Small Boxes, 5 Wardrobe Boxes.
- **3-Bedroom+ Home:** 75+ Medium Boxes, 30+ Small Boxes, 8+ Wardrobe Boxes.

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### The Right Box for the Right Job.

- **Small Boxes** (1.5 cu ft): Use these for heavy items. Books, canned goods, tools, and heavy kitchen appliances. If it's heavy, keep the box small!
  - **Medium Boxes** (3.0 cu ft): Your "Workhorse." Perfect for toys, pots and pans, folded clothes, and general household decor.
  - **Large Boxes** (4.5 cu ft): Use only for light, bulky items. Pillows, bedding, towels, and lampshades.
  - **Wardrobe Boxes:** Use Medium Wardrobes for shirts and jackets, and Large Wardrobes for long coats and dresses.
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### Professional Protection Tools

- **Moving Pads/Blankets:** Professional furniture pads offer superior shock absorption. You can rent professional-grade pads and more through [The Hercules Heroic Loop Program](https://herculeshelpers.ca/loop) ([herculeshelpers.ca/loop](https://herculeshelpers.ca/loop)).
  - **Industrial Stretch Wrap:** This is a pro-packer's best friend. Use it to "Pad-Wrap" furniture. Wrap the blanket around the item, then secure it with stretch wrap.
  - **The Tool Kit:** Keep a dedicated bag for tools (Allen keys, screwdrivers, pliers) to take apart bed frames, mirrors from dressers, and table legs.
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## 2. Pro Techniques: The "Heroic" Standard

### The "No-Tape" Zone

- Never use packing tape directly on furniture finishes, leather, or fabric. The adhesive is designed for cardboard and will ruin wood varnish or leave a permanent sticky residue on your couch.
  - The Solution: Wrap the item in a bit of stretch wrap or clean paper first, then tape over the wrapping. Use Stretch Wrap to secure drawers and pads without any sticky mess. Only use packing tape for boxes and plastics.
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### The "H-Tape" Method

Always reinforce the bottom of every box. Run one long strip of tape down the center seam, and two strips across the side seams to form a capital "H." This prevents the bottom from "blowing out" when lifted.

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### Art & Mirrors

For large glass items, use painter's tape to make a large "X" across the glass. This provides structural integrity and keeps shards together if an accident occurs. Wrap the entire piece in a moving pad and secure it with stretch wrap.

## 3. The Essentials: What NOT to Pack

This is the most important box you will pack. It should stay with you in your car, not on the moving truck. Set these items aside and pack them the morning of the move:

### The "First-Night" Essentials Box

- Personal Care: Toothbrushes, toothpaste, soap, shampoo, and extra toilet paper.
- Health: All daily medications and a basic first-aid kit.
- Tech: Phone chargers, laptop cables, and a portable power bank.
- Comfort: A change of clothes, basic snacks, and a coffee maker (you'll thank us later!).

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For your safety and ours, we cannot move the following:

### Items to Leave Behind (Hazardous Materials)

- Propane tanks, gasoline, or kerosene.
  - Paint thinners, pool chemicals, or aerosol cans.
  - Fire extinguishers or ammunition.
  - Perishable food that could spoil, damage other items, or attract animals.
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## 4. Room-by-Room Strategy

### Tip

Start with Non-Essentials around the home: Pack items you use rarely first. Start with your storage areas and places you look at least often. This is ideal time to downsize.

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### The Kitchen (The Most Challenging Room)

The kitchen is the most time-consuming room due to the high volume of fragile items.

1. Start with Non-Essentials: Pack items you use rarely first—fine china, seasonal platters, or that bread maker in the back of the cupboard.
  2. Plates: Wrap individually in unprinted newsprint. Stand them vertically on their edges—never stack them flat!
  3. Glassware: Wrap each glass and place them upright. Use cardboard dividers if possible.
  4. Small Appliances: Remove all loose parts (like the glass tray in a microwave) and wrap them separately.
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### Living Room & Bedrooms

- **Electronics:** Take a photo of the back of your TV wiring before unplugging. Pack the TV in its original box or a specialized flat-panel box.
- **Disassembly:** Remove mirrors from dressers and tape the mounting screws in a labeled bag to the inside of the dresser drawer.
- **Bed Frames:** Disassemble frames and bundle the rails together with stretch wrap.

### The Garage & Storage

- **Drain the Fluids:** Lawnmowers and trimmers must be drained of gas and oil before they can be moved.
- **Bundle Long Items:** Use stretch wrap to bundle rakes, shovels, and brooms together into one manageable "unit."

## THE PRO-PACKER'S QUICK CHECKLIST

- ☐ **Weight Check:** If you can't lift the box comfortably, it's too heavy.
- ☐ **The Rattle Test:** If it makes noise when shaken, add more packing paper.
- ☐ **Side Labeling:** Label the side of the box with the room and contents. Use painter tape to do no damage to the item.
- ☐ **Flat Tops:** Ensure the box top is flat so they can be stacked safely.
- ☐ **Essentials Box:** Is your "First-Night" kit set aside and clearly marked?

# Ready to get moving?

For a complete timeline of your move, download our [Ultimate BC Moving Checklist](https://herculeshelpers.ca/moving-checklist).  
(herculeshelpers.ca/moving-checklist) For more expert advice, visit our [General Tips Page](#).

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