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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Taking The Stress Out of Packing**

**By dan the roommate man**

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Let's face it, there is no "moving fairy." No matter how long you procrastinate, no twinkling spirit is going to show up, wave a magic wand and instantly transport all your household goods from your current home to your new one. If you're going to move, you have to pack. With that in mind, here are six tips to help you get through this chore with a minimum of aggravation:

1. Start early. Packing always takes longer than you expected. The sooner you start, the more momentum you'll generate and the more likely you'll be able to finish on time, maybe even with a few spare moments to say good-bye to your neighbors. Another advantage of starting early is that you'll have more time to round up other people's reusable moving boxes. If you have a large home, keep yourself and your helpers on track by making a packing schedule that shows a start date and a deadline for packing each room.
2. Ask your mover for advice. Moving companies naturally have a lot of experience with packing. Ask your representative for how-to-pack tip sheets, moving timelines, information about the latest packing materials, the availability of odd-size boxes and so on.
3. Clear out the clutter. There's no sense packing items you should give away or will probably throw out after you move. Before you start packing, go through your entire home, including the basement, the attic, the garage and any other storage areas. The opportunity to reduce clutter and eliminate a lot of unused stuff from your life should be one of the benefits of moving to a new home.
4. Dispose of hazardous materials. Motor oil, paint, solvents, fireworks, insecticides, household chemicals and the like definitely shouldn't be packed or moved with your household goods. Be smart. If you suspect something might be dangerous, dispose of it properly before you move. Many communities have designated sites or events for the collection of hazardous materials. Go through your home and remove these unpackables ahead of time, so they won't accidentally end up in your moving boxes.

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5. Mark your boxes. Few people have the time or inclination to itemize every item in every box, but that doesn't mean you should ignore organization altogether. Use colored markers or labels to indicate which boxes belong in which rooms of your new home. Make an inventory of your valuables. Pack an essentials kit containing paper plates, plastic cutlery, toilet paper, soap, aspirin, flashlights, telephone numbers, prescription medicines, snacks, pet food and other must-have comforts. Mark this box "OPEN FIRST" in large letters.

6. Tie your cords. Packing and unpacking are tricky enough without having to untangle (and potentially trip over) dangling and out-of-control electrical cords. Wrap each cord around your hand or forearm, then use rubber bands or baggie twist-ties to secure the wrapped cords. If you're packing a system with complicated wiring, (e.g., a stereo or a computer) color code the electrical cords and sketch a quick diagram so you'll be able to reassemble the system in your new home.

Since 1989 dan the roommate man has helped 1000's of people find roommates. Need help? Contact him at 800-487-8050 or [www.roommateexpress.com](http://www.roommateexpress.com)

### **Perfect Packing For Men**

**By Maxine Greco**

Packing for men is a more difficult task than packing for women. The size of their clothing, and all that cotton seems to make it a more complicated. I begin by lining the bottom of the case with underwear. The underwear has been packed inside a packing cube so my husband doesn't have to "unpack." He just places the cube in the hotel drawers. The packing cube also levels out the bottom of the suitcase where the bars for the pull up handle are stored. Then I'll use a shirt packing case or organizer. These are made by several manufacturers and consist of a form that you can fold a shirt around (similar to the way shirts are displayed in department stores.) These will keep the shirts from wrinkling by securing them neatly so they will not move about in the suitcase. I then stuff my husband's shoes with his socks. I place the shoes in shoe covers to protect the clothing and then these are put around the perimeter of the suitcase. I also roll up some sweatshirts and shorts for casual wear or to use in the hotel gym.

I use a leather case for his shaving and toiletry needs. Anything in an aerosol can I will pack for him keep in his carry on case. The leather case has a water resistant lining because I know that many bottles and containers can loosen in travel. This case is also placed around the perimeter of the case. I pack his slacks on hangers, laying them out the long way so they are folded only once. Packing with hangers avoids the need to re-hang them on the hotel hangers once he's arrived in his room. The shirt holders can go directly to the bureau drawer along with the packing cubes that have filled with his underwear. I also tuck a small folding laundry bag inside the packing cube.

When he needs a sports jacket or a suit I will pack in a garment bag. He has two different sizes, depending on the amount of jackets he is taking. I have never found a way to fold a jacket in a suitcase without it needing professional pressing when he arrives at the hotel. One of his suitcases has the garment bag inside the case. Whenever I do pack a jacket or suit for him, I'll pack a travel

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steamer. They have dual voltage so they can be used around the world, and they will use any type of tap water. My husband has found it quick and easy to use the steamer whenever it's necessary to remove the slight packing wrinkles.

Secure the suitcase with a TSA approved lock and he's on his way.

Maxine Greco has worked in luggage and travel industry for over 35 years. She is now currently at



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