

TIPS ON MOVING

- Plan your move. Collect boxes from local supermarkets. Ask friends to help. Hire a trailer if needed.
- Call Alinta (gas) and Synergy (electricity) to tell them you are moving so they can close your account and then open a new one for your new address.

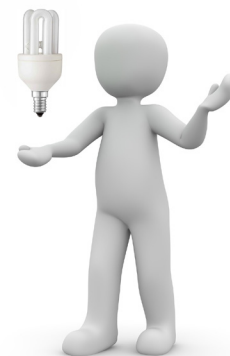
Alinta Gas: 131 358

Synergy Electricity: 131 353

- Keep things like your keys, wallet, phone chargers, medication, prescriptions, important documents close by during the move - don't pack them away where you might not be able to find them for days.

- Pack a survival kit for the first day in your new home. You could include:

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|------------------|-----------------------|
| • Tea or coffee | • Small first aid kit |
| • Kettle | • Toilet paper |
| • Mugs, teaspoon | • Towels |
| • Water bottle | • Light bulbs |
| • Snacks | • Paper towel |
| • Milk | • Cleaning materials |



- Prepare a meal in advance and freeze it so that you have something ready to eat after a hard day of moving.
- Set up beds first.
- Don't try to do all the unpacking at once - make a space to sleep and eat and then have a break.

**IF YOU ARE STUCK, TALK TO YOUR
SUPPORT WORKER FOR IDEAS.**

