WHAT TO DO BEFORE YOU MOVE OUT

1 MONTH BEFORE
» Get packing supplies such as boxes, tape and labels.
» Clean out closets, drawers and under beds. By removing items that are rarely used, it will give you less to do later on.
» Separate important documents like Passports, birth certificates, etc. so they don't get lost during the move.
» Spring Cleaning" helps to reduce the clutter in your apartment to make it easier to navigate when it’s time to start packing.

2-3 WEEKS BEFORE
» Begin packing items that you don’t need right now and progress to more frequently used items.
» Reduce how much you bring home by getting rid of clothes you don’t wear anymore
» Donate clothes (box in the student center, Salvation Army, etc.) or sell them (Plato’s Closet).
» Return any items that you have borrowed to friends and collect things that you have lent out.

1 WEEK BEFORE
» Finish all of your packing a couple days before move out except an overnight bag that has essentials like clothes and toiletries that you will use during the move.
» Do a final sweep of drawers, closets and under beds to make sure you haven’t forgotten anything.
BEFORE YOU RENT

» As a prospective tenant, you have the right to ask the landlord questions. Before signing a lease, be sure that you are satisfied with the apartment, services provided by the landlord, and the security of the unit. Use the following tips to protect yourself from running into common rental problems:

Before you rent, inspect the apartment or house. Check for needed repairs, bugs, rodents, and obvious electrical or plumbing problems.

» Ask your landlord if he/she can change the locks or have them re-keyed. If they say no, ask if you can make the changes and then provide them with copies of the new keys.

» Give a list of needed repairs to the landlord and make sure these repairs are made before you sign a lease.

» Warning: When meeting with a landlord/property manager always bring a friend for added support and safety.
PACKING TIPS

» Gather packing materials before you start packing.
» Pack heavier items towards bottom of boxes.
» Stuff light items like socks, scarves and pillow cases into crevices of boxes. This will prevent things from shifting around too much or breaking.
» Tape down any liquids you might be moving and/or put them in waterproof bags just in case the lid falls off.
» If you’re using garbage bags to transfer items, make sure to double up just in case one rips.
» To avoid injury while moving boxes and containers, make sure that they are less than 50 pounds each. To test how heavy a box is, push it lightly with your hands or feet before lifting.
» To lift with your legs, bend your knees, not your back, to pick up the load. Keep your back straight.
CREATE A MONTHLY BUDGET

Many mistakes are made when students begin to look at housing options without putting much thought into preparing a budget. It is best to know exactly what you can afford before you contact any landlord. This way you will be able to limit your search and save time and money. Here are some tips for creating your budget:

LIST ALL INCOME
» Job, parents, savings account, etc.

LIST ALL NECESSARY EXPENSES
» Rent, groceries, utilities, gas money

LIST ALL EXTRA EXPENSES
» Entertainment, food, clothing, etc.

Websites such as mint.com can help you make and track your budget online.
LIVING A HEALTHY LIFESTYLE

EAT WELL.
» You can eat healthy with a little work and planning. For help, schedule a nutrition consultation with the registered dietician at the Wellness Resource Center at wellness.missouri.edu.

BE MORE ACTIVE IN YOUR DAILY ROUTINE.
» This includes taking the stairs instead of elevators and taking the longest walking route possible.

INCORPORATE AN EXERCISE ROUTINE IN YOUR WEEKLY SCHEDULE.
» For help, schedule a fitness consultation at the Wellness Resource Center at wellness.missouri.edu.

MANAGE STRESS.
» Time management is one of the most important skills for de-stressing your life. Schedule an appointment with a “wellness coach” at wellness.missouri.edu to help you stay on task.
SAFETY

» Remember to close and lock all doors and windows when you leave the apartment or go to bed.
» Report suspicious activity to the Columbia police.
» Keep your important papers, medications, and valuables locked in a safe.
» Keep valuable items out of sight.
» Never post on Facebook or Twitter when you are going to be out of the house.
» Set your lights on a timer if you are going on vacation.
» Be sure smoke and carbon monoxide detectors are installed.
off-campus living

FIND A PLACE TO CALL HOME.

TO LEARN MORE, CHECK OUT offcampus.missouri.edu!