

# CLEANPRO SOLUTIONS

PACKAGING · CLEANING · WHOLESALE

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## THE ULTIMATE Moving & Packing Checklist

Everything you need to pack, protect and move — without forgetting a thing.

■ [Box Size Guide](#)

■ [Room-by-Room Checklist](#)

■ [Packing Materials Guide](#)

■ [Moving Day Timeline](#)

■ [Order your boxes, bubble wrap and packing supplies from CleanPro Solutions](#)

FREE delivery on orders over R500 · All prices include VAT · 070 639 4624

■ Linbro Park, Sandton, Gauteng · WhatsApp orders welcome

■ **BOX SIZE GUIDE — Which box for what?**

■ **Pro tip:** Pack heavy items in **SMALL** boxes, light bulky items in **LARGE** boxes. Never overpack — a firm box is stronger than a bulging one.

SKU	Name & Size	Dimensions	Best packed with	Our Price
SW1	<b>Small Box</b>	150x100x100mm	Jewellery, phones, gifts, stationery	<del>R 5.99</del> <b>R 5.23</b>
SW2	<b>Sm/Med Box</b>	230x150x150mm	Books, shoes, small appliances	<del>R 5.99</del> <b>R 5.23</b>
SW3	<b>Medium Box</b>	250x150x250mm	Kitchen items, toys, bottles, tiles	<del>R 7.99</del> <b>R 7.44</b>
SW4	<b>Med/Lg Box</b>	300x230x300mm	Folded clothes, documents	<del>R 10.99</del> <b>R 10.58</b>
SW5	<b>Large Box ■</b>	450x300x300mm	Linen, bedding, pillows, sporting goods	<del>R 21.99</del> <b>R 21.06</b>
SW6	<b>XL Box</b>	610x450x300mm	Cushions, large appliances, bulk stock	<del>R 36.99</del> <b>R 36.88</b>
SW7	<b>XL Square</b>	450x450x300mm	Lamps, decor, cube-shaped stools	<del>R 39.99</del> <b>R 39.06</b>
TVL2	<b>Tall Shallow</b>	500x400x145mm	Flat TVs up to 43", small mirrors	<del>R 72.51</del> <b>R 72.51</b>
TVL4	<b>Tall Short</b>	500x400x285mm	TVs 43-55", artwork, tall vases	<del>R 46.74</del> <b>R 46.74</b>
TVL6	<b>Tall Medium ■</b>	500x400x450mm	TVs 55-65", wardrobe mirrors	<del>R 50.41</del> <b>R 50.41</b>
TVL9	<b>Tall Box</b>	500x400x655mm	TVs 65-75", full-length mirrors	<del>R 62.40</del> <b>R 62.40</b>
TVL12	<b>Extra Tall</b>	500x400x780mm	TVs 75"+, floor mirrors, sculptures	<del>R 69.45</del> <b>R 69.45</b>

■ **PACKING MATERIALS GUIDE**

<p><b>Bubble Wrap — ¼ Roll</b> <b>R 164.35</b></p> <p>312mm wide · 100m · Glassware, ornaments, mugs</p>	<p><b>Packing Tape — 50m</b> <b>R 18.68</b></p> <p>48mm wide · Light to medium sealing</p>
<p><b>Bubble Wrap — ½ Roll</b> <b>R 213.79</b></p> <p>416mm wide · 100m · Electronics, picture frames</p>	<p><b>Heavy-Duty Tape — 100m</b> <b>R 31.36</b></p> <p>48mm wide · High-volume, warehouses, movers</p>
<p><b>Bubble Wrap — ¾ Roll ■</b> <b>R 312.72</b></p> <p>625mm wide · 100m · Large electronics, furniture</p>	
<p><b>Bubble Wrap — Full Roll</b> <b>R 605.22</b></p> <p>1250mm · 100m · Commercial &amp; furniture wrapping</p>	<p>■ <b>Rule: 1 roll of tape per 15–20 boxes packed</b></p>

■ **Order all these products from CleanPro Solutions — 070 639 4624 · WhatsApp welcome · FREE delivery over R500**  
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■ **Use this checklist as you pack each room. Tick each box as it's done. Write the room name on every box in marker.**

Tip: Pack one room at a time, fully, before moving to the next.

■ **BEDROOM**

- Clothes & accessories**  
Use SW3–SW5. Layer flat, heavier items at bottom.
- Shoes**  
SW2. Wrap pairs in newspaper or packing paper.
- Linen & bedding**  
SW5 (Large box). Towels make great padding!
- Books & documents**  
SW1–SW2. Keep heavy — never overfill.
- Jewellery & valuables**  
SW1 small box. Carry personally on moving day.
- Picture frames & mirrors**  
TVL boxes. Wrap in bubble wrap first.
- Lamps & lampshades**  
SW7 (XL Square). Nest shades inside each other.

■ **KITCHEN**

- Everyday crockery & glasses**  
Wrap each item in bubble wrap. Pack upright.
- Pots & pans**  
SW5 or SW6. Stack with paper between each.
- Small appliances**  
SW3–SW4. Original boxes ideal if kept.
- Pantry items (sealed only)**  
SW4–SW5. Check expiry dates first.
- Sharp knives**  
Wrap in thick cloth, tape firmly. Label SHARP.
- Cleaning products**  
SW4 — seal caps with tape. Pack upright.

■ **BATHROOM**

- Toiletries & cosmetics**  
Seal lids with tape. Pack in zip-lock bags.
- Towels & bathrobes**  
Excellent padding for fragile items in other boxes.
- Medicines & prescriptions**  
Pack separately. Carry personally on moving day.
- Bathroom accessories**  
SW2–SW3. Wrap ceramic items in bubble wrap.

■ **LIVING ROOM**

- Books & magazines**  
SW1–SW2. Heavy — keep boxes small.
- Electronics (TV)**  
TVL6 or TVL9. Wrap screen in bubble wrap first.
- Ornaments & decor**  
SW2–SW3. Generous bubble wrap on each item.
- Cushions & throws**  
SW6 XL — great filler item, pack last.
- Cables & remotes**  
Label each cable. Zip-lock bags work perfectly.

■ **GENERAL / GARAGE**

- Tools (non-sharp)**  
SW5–SW6. Wrap sharp edges in newspaper.
- Garden items**  
Large boxes or wrapped separately.
- Cleaning equipment**  
Mops, brooms — bundle and tape together.
- Bulk supplies**  
Keep cleaning products & toilet paper for last.

■ **LABEL EVERY BOX:**

Room name · Contents (brief) · FRAGILE (if needed) · THIS SIDE UP (if needed) · Priority: Unpack First / Last

■ **1 WEEK BEFORE MOVING DAY — Final Prep**

- Confirm your moving company or vehicle booking**  
Double-check date, time and address with your movers.
- Order all packing supplies NOW**  
Boxes, bubble wrap, tape — order from CleanPro: 070 639 4624. FREE delivery over R500.
- Pack all non-essential items**  
Books, decor, off-season clothes, extra linen.
- Label and number every box**  
Keep a master list: Box 1 = Kitchen crockery, Box 2 = Bedroom books, etc.
- Notify important parties of address change**  
Bank, employer, SARS, insurance, subscriptions, school.
- Measure doors & furniture at new property**  
Confirm large pieces will fit through doorways before moving day.
- Defrost fridge & freezer**  
Start 24–48 hours before moving day. Clean and dry fully.
- Pack an "Essentials Box"**  
Kettle, mugs, toilet paper, soap, chargers, medication, change of clothes. Unpack first.

■ **MOVING DAY — Step by Step**

- Morning: Do a final walkthrough — every room, every cupboard, loft, garden**  
Check meters, take readings, photograph the property for your records.
- Load heavy items first**  
Furniture, appliances, heavy boxes go in first and against the van walls.
- Fragile boxes: load last, unload first**  
Mark all fragile boxes clearly and never stack other boxes on top.
- Keep "Essentials Box" with you in the car**  
NOT in the moving van — you need it immediately on arrival.
- Hand over keys & do a final check of old property**  
All windows closed, all lights off, all taps off, all keys handed over.
- On arrival: direct movers room by room**  
Your labelled boxes make this fast — each box goes to the right room.
- Unpack Essentials Box first**  
Kettle on. Toilet paper in bathrooms. Phone charging. Breathe. ■

**■ Order Your Packing Supplies from CleanPro Solutions**  
Boxes · Bubble Wrap · Packing Tape · Cleaning Products · Toilet Paper

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