Moving Checklist

Before You Move
- Obtain the brochure Ready to Move? and the booklet Your Rights and Responsibilities When You Move from the mover.
- Ask for recommendations from neighbors, friends, and relatives regarding the mover.
- Check with the Better Business Bureau regarding the mover.
- Find out what the mover’s responsibilities are for damages that may occur to your belongings.
- Ask if the mover has a dispute settlement program.
- Obtain estimates from at least three movers, and compare cost and all other services to be provided by the mover.
- Check to determine whether the interstate mover is registered with FMCSA, and has a USDOT number.
- Find out how and when pickup and delivery of your household goods will occur.
- Ask the mover how they can be contacted before the move, during the move, and after the move.
- Adequately insure your belongings.

Moving Day
- Be present to answer any questions and give directions.
- Pay the driver, according to the terms of your agreement, before your goods are unloaded.
- Supervise unloading and unpacking of your goods.
- Note on the inventory list all boxes or other items that are damaged before you sign any documents.

Questions?
Q. Where can I obtain information about a mover, broker or freight forwarder’s insurance and process agent?

Q. How do I get assistance to determine if a mover has assessed the correct transportation charges?
A. Call the Surface Transportation Board at (866) 254-1792.

Q. Where may I file a complaint against a mover?
A. Visit www.protectyourmove.gov or call 1-888-DOT-SAFT (1-888-368-7238) Monday - Friday between the hours of 9:00 AM to 9:00 PM EST.

Q. In addition to FMCSA, are there other authorities I should contact to report a mover?
A. Yes. State attorneys general and consumer affairs agencies are responsible for pursuing suspected moving fraud.

Q. How can I learn more about movers and transportation?

The Federal Motor Carrier Safety Administration (FMCSA) develops, maintains, and enforces Federal regulations that establish safe operating requirements for commercial vehicle drivers, carriers, vehicles, and vehicle equipment. FMCSA regulates interstate household goods movers and requires them to register with the agency. Its regulations protect consumers on interstate moves and define the rights and responsibilities of consumers and household goods carriers.

Federal Motor Carrier Safety Administration
1-800-832-5660 • TTY: 1-800-877-8339

www.protectyourmove.gov
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Know Your Rights and Responsibilities Before Selecting a Mover
Before moving your household goods, movers are required to give you this brochure and a booklet entitled Your Rights and Responsibilities When You Move. They provide basic information that will help you understand the documents that a mover will ask you to sign. The booklet also explains your rights if your household goods are lost or damaged. Copies of this brochure and booklet can be downloaded from www.protectyourmove.gov, which has additional helpful consumer information.

Use Only Registered Movers
Make sure the mover you select has been assigned a USDOT number, is registered with FMCSA to engage in interstate transportation of household goods, and has proper insurance. You can determine if a mover is registered with FMCSA by accessing www.protectyourmove.gov, or calling FMCSA at (202) 366-9805 for licensing and (202) 385-2423 for insurance.

Read and Understand All Information Provided by the Mover
The mover should provide you with the following basic documents as part of your move:

Estimates
The estimate should clearly describe, in writing, all charges for services the mover will perform. Make sure the estimate is signed by the mover. Do not accept oral estimates.

Order For Service
The order for service is a list of all the services the mover will perform and shows the dates your household goods will be picked up and delivered.

Bill of Lading
The bill of lading is a contract between you and the mover and a receipt of your belongings. You should be given a partially completed copy of the bill of lading before the vehicle leaves the residence at origin.

Inventory List
The inventory is the receipt showing each item you shipped and its condition. Be sure you receive a written copy of the inventory after your household goods are loaded, and that you agree with its description of your household goods' condition.

What if There Is a Problem? Dispute Settlement Program
Before moving your household goods, interstate movers are required to provide you with information regarding their dispute settlement program. Movers must offer a neutral arbitration program as a means of settling disputes that may arise concerning loss or damage of your household goods.

Loss or Damage of Goods
If your goods are damaged or missing at delivery, request a company claim form from the mover. Complete the claim form to the best of your ability. The mover will tell you where to mail the completed form. You must file a written claim with the mover within 9 months of delivery. Your claim must be in writing but does not have to be submitted on a mover’s claim form. It is suggested that you send the claims information to the mover by certified mail.

Filing a Complaint
FMCSA does not have the authority to resolve claims against a moving company. However, you may file a complaint against a mover by visiting www.protectyourmove.gov or calling 1-888-DOT-SAFE (1-888-368-7238) Monday - Friday between the hours of 9:00 AM to 9:00 PM EST. Your complaint may trigger a Federal enforcement investigation against the mover.

THE BEST WAY TO AVOID PROBLEMS IS TO BE INFORMED AND PLAN AHEAD.