



How to pack a kitchen for moving: dishes, glasses, knives and the fridge

The kitchen is the slowest room to pack and the first one you need back. Pack it in the right order, protect the fragile things properly, and leave out just enough to keep eating.

- ☐ **Pantry and freezer eaten down starting two weeks out**
- ☐ **Fresh and frozen food plan made (eat, donate, or carry yourself)**
- ☐ **Last-week kitchen kit set aside: plate, bowl, mug and cutlery per person, one pan, one pot, knife, board, soap**
- ☐ **Small or medium boxes, bottoms taped, lined with crumpled paper**
- ☐ **Plates wrapped in threes and packed on edge; gaps filled**
- ☐ **Glasses in cell dividers or individually wrapped and upright**
- ☐ **Every blade guarded or wrapped in cardboard and labeled "SHARP"**
- ☐ **Small appliances emptied, cleaned, dried; cords taped; parts bagged with them**
- ☐ **Fridge off a couple of hours early, shelves secured, kept upright where possible**
- ☐ **Aerosols, bleach, solvents, lighter fluid, matches, propane and batteries kept off the truck**
- ☐ **Boxes labeled with room and spot ("upper left"), fragile and up arrows on the sides**
- ☐ **Every box light enough to lift comfortably**



Read the full post with the why behind each tip:
<https://movebuddy-ai.com/blog/how-to-pack-a-kitchen-for-moving>
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