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5 Ways to Chill Out During Your Summer Move

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Are you celebrating the change of season with a change of scenery? Moving to a new home in summer can be an exciting time, full of fun outdoor activities, barbecues and warm night walks. However, the moving process can be exhausting, tough on your stuff and, most importantly, potentially dangerous to your health. Read on to find out how to ensure your summer move is as successful—and safe—as possible.

1. Know the signs of heat stroke/exhaustion.

Heat stroke, which occurs when your body temperature rises to 104°F or higher due to prolonged exposure to heat or physical exertion in high temperatures, is the most serious form of heat injury and can be deadly. [Symptoms of heat stroke](#) can include:

- Heavy sweating
- Fatigue
- Dizziness
- A weak, rapid pulse
- Muscle cramps
- Nausea

If you or any of your fellow movers—especially young children and elderly adults—experience any of these symptoms, immediately find a cool, preferably air-conditioned, place to rest, drink cold water or sports drinks, take a cool shower and remove any unnecessary clothing. If none of these measures lessen the symptoms, seek medical help. No matter how anxious you are to move to your new home, nothing is more important than your health.

2. Keep small kids and pets out of it.

In addition to the distraction young kids and pets can create when trying to move, they're also more susceptible to getting overheated on a hot day. Find a friend or family member to take in your tots for the day and, if you're not moving too far away and you already have the electricity turned on, consider bringing Fluffy and Fido to your new home early. Allow them to acclimate to their new abode before leaving them with plenty of fresh water and fans or AC.

3. Keep an eye on the time.

The temperature can fluctuate dramatically throughout the course of a single summer day. The sun is at its highest—and hottest—between 11 a.m. and 4 p.m., so try to coordinate your day to avoid any strenuous activity during these hours. If you're doing multiple trips to your new digs, make an attempt to spend these peak hours in the truck/car. Sitting in traffic with the AC on is a lot better than moving couches under the midday sun.

4. Create a "Moving Day" box.

Moving is difficult even in the best conditions, make things easier with an essentials box. Keep cold, nonalcoholic drinks and light, protein-packed snacks to support hydration and maintain energy, sunscreen and hats to protect against the sun's scorching rays, spray bottles and fans to cool down, and a change of light, loose-fitting clothes for any mid-move wardrobe changes.

5. Give yourself a break.

Between the stress and the excitement, it's going to be a long day. As much as you'll want to power through and get it done as quickly as possible, it's especially important to take frequent breaks on hot summer days. Treat yourself to some refreshing ice pops (but stay away from dairy ice cream that will weigh you down) and give your body a much-deserved rest!

Don't want to put yourself in the hot seat this summer? Contact the moving and storage company that can handle the heat while you focus on your new home: [Molloy Bros. Moving & Storage](#).