



Household inventory worksheet

Carry this through the house one room at a time. The cubic-feet total on the last page is what determines the price of your move.

NAME	PHONE OR EMAIL	REQUESTED PICKUP DATE
ORIGIN ADDRESS		ORIGIN ZIP
DESTINATION ADDRESS		DESTINATION ZIP

AFTER YOU CREATE YOUR ITEMIZED LIST:

Provide this completed worksheet your moving advisor, or go to usmpo.org/move and reserve your move online, risk-free, with a verified carrier.

How to fill this in

- 1 Work one room at a time and finish it before moving on. Cross out the rooms you do not have.
- 2 Write a quantity next to every item you are shipping. Multiply by the cu ft figure printed beside it and write the result in the right-hand box.
- 3 Count the boxes and plastic bins in each room by size. Cartons are commonly a third of a household's volume and the most under-reported line on any inventory.
- 4 Use the notes lines to say what the crew needs to know: disassembly, crating, a tight doorway, anything fragile.
- 5 Anything oversized, custom or not listed goes on the measured-items page with its length, width and height.
- 6 Total each room in its box, carry the totals to the summary on page 8, then submit the worksheet.

CONVERTING A MEASUREMENT

$$L \times W \times H = \text{cu ft}$$

Measure in feet, not inches. Take each dimension at the widest point, including arms, legs and handles, and round up to the nearest half foot. Multiply the three and you have cubic feet directly. A sofa measuring 7 × 3 × 3 ft is 63 cu ft. Measure the item as it will travel: if a table breaks down, measure the top and legs separately.

Do not list hazardous materials. Carriers cannot transport propane, fuel, paint, aerosols, ammunition, pool chemicals or other hazardous goods. Also note items you are selling, donating or leaving behind so they are excluded from the volume.

Cubic-feet figures printed on this worksheet are USMPO-derived averages drawn from carrier tariff tables, rounded to the nearest whole foot. They are reference benchmarks, not measurements of your goods, and the resulting total is not a quote. A binding estimate comes from a licensed carrier after a visual or video survey.

Living room			
ITEM	EA	QTY	CU FT
Sofa, three-seat	50		
Loveseat	35		
Sectional, per piece	40		
Armchair	15		
Recliner	20		
Coffee table	10		
End table	5		
Television, 55 in or larger	10		
Media console	15		
Bookcase, five-shelf	20		
Floor lamp	3		
Area rug, rolled	5		
Other			
Other			
Other			
Boxes and plastic bins — small		1.5	
Boxes and plastic bins — medium		3	
Boxes and plastic bins — large		4.5	
Living room total			

NOTES — WHAT NEEDS TO BE DONE IN THIS SPACE

Bedrooms			
ITEM	EA	QTY	CU FT
King mattress and box spring	65		
Queen mattress and box spring	45		
Full mattress set	40		
Twin mattress set	30		
Bed frame and headboard	15		
Double dresser	30		
Chest of drawers	20		
Nightstand	5		
Armoire or wardrobe	40		
Mirror, framed	5		
Crib	15		
Other			
Other			
Other			
Boxes and plastic bins — small		1.5	
Boxes and plastic bins — medium		3	
Boxes and plastic bins — large		4.5	
Bedrooms total			

NOTES — WHAT NEEDS TO BE DONE IN THIS SPACE

Need help?

Speak with a moving advisor at no charge and with no obligation to book.

202-888-7810

Kitchen			
ITEM	EA	QTY	CU FT
Refrigerator	45		
Range or stove	25		
Dishwasher	20		
Microwave	3		
Kitchen table	25		
Kitchen chair	5		
Kitchen island or cart	10		
Small appliance	2		
Other			
Other			
Other			
Other			
Boxes and plastic bins — small		1.5	
Boxes and plastic bins — medium		3	
Boxes and plastic bins — large		4.5	
Kitchen total			

NOTES — WHAT NEEDS TO BE DONE IN THIS SPACE

Dining room			
ITEM	EA	QTY	CU FT
Dining table	30		
Dining chair	5		
China cabinet	45		
Buffet or sideboard	30		
Bar cart	8		
Area rug, rolled	5		
Other			
Other			
Other			
Other			
Other			
Boxes and plastic bins — small		1.5	
Boxes and plastic bins — medium		3	
Boxes and plastic bins — large		4.5	
Dining room total			

NOTES — WHAT NEEDS TO BE DONE IN THIS SPACE

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Home office			
ITEM	EA	QTY	CU FT
Desk	25		
Office chair	10		
File cabinet, two-drawer	8		
Bookcase, five-shelf	20		
Printer	5		
Monitor	3		
Small safe	8		
Other			
Other			
Other			
Other			
Boxes and plastic bins — small		1.5	
Boxes and plastic bins — medium		3	
Boxes and plastic bins — large		4.5	
Home office total			

NOTES — WHAT NEEDS TO BE DONE IN THIS SPACE

Garage and shed			
ITEM	EA	QTY	CU FT
Push mower	15		
Riding mower	60		
Workbench	25		
Tool chest	20		
Bicycle	10		
Extension ladder	8		
Wheelbarrow	12		
Shelving unit	15		
Utility cabinet	20		
Other			
Other			
Other			
Boxes and plastic bins — small		1.5	
Boxes and plastic bins — medium		3	
Boxes and plastic bins — large		4.5	
Garage and shed total			

NOTES — WHAT NEEDS TO BE DONE IN THIS SPACE

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Basement and attic			
ITEM	EA	QTY	CU FT
Washer	25		
Dryer	25		
Chest freezer	30		
Utility shelving	15		
Trunk	10		
Treadmill	30		
Weight bench and set	25		
Other			
Other			
Other			
Other			
Boxes and plastic bins — small		1.5	
Boxes and plastic bins — medium		3	
Boxes and plastic bins — large		4.5	
Basement and attic total			

NOTES — WHAT NEEDS TO BE DONE IN THIS SPACE

Outdoor and patio			
ITEM	EA	QTY	CU FT
Patio table	20		
Patio chair	8		
Chaise lounge	15		
Grill	15		
Patio umbrella	3		
Fire pit	10		
Large planter	5		
Other			
Other			
Other			
Other			
Boxes and plastic bins — small		1.5	
Boxes and plastic bins — medium		3	
Boxes and plastic bins — large		4.5	
Outdoor and patio total			

NOTES — WHAT NEEDS TO BE DONE IN THIS SPACE

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Specialty (piano, safe, art)			
ITEM	EA	QTY	CU FT
Upright piano	70		
Grand piano	120		
Gun safe	30		
Pool table, slate	100		
Crated artwork	10		
Grandfather clock	15		
Aquarium, drained	12		
Other			
Other			
Other			
Other			
Boxes and plastic bins — small		1.5	
Boxes and plastic bins — medium		3	
Boxes and plastic bins — large		4.5	
Specialty (piano, safe, art) total			

NOTES — WHAT NEEDS TO BE DONE IN THIS SPACE

Specialty cartons			
ITEM	EA	QTY	CU FT
Wardrobe carton	10		
Dish pack	5.2		
Mirror or picture carton	3		
Crated flat-screen carton	8		
Other			
Other			
Other			
Other			
Other			
Boxes and plastic bins — small		1.5	
Boxes and plastic bins — medium		3	
Boxes and plastic bins — large		4.5	
Specialty cartons total			

NOTES — WHAT NEEDS TO BE DONE IN THIS SPACE

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Measured items

Anything oversized, custom, or not printed on the room pages goes here with its own measurements. Take each dimension in **feet** at the widest point, including arms, legs, feet and handles, rounding up to the nearest half foot. Multiply length by width by height and the answer is cubic feet.

[illegible]

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Carry each room total here

SPACE	CU FT
Living room	
Bedrooms	
Kitchen	
Dining room	
Home office	
Garage and shed	
Basement and attic	
Outdoor and patio	
Specialty items	
Specialty cartons	
Measured items (page 7)	
Total cubic feet	
Estimated weight — total × 7 lb	

Access at both ends

Priced separately from volume. Declare it now rather than on moving day.

CONDITION	ORIGIN	DEST.
Stairs, and how many flights		
Elevator available		
Long carry over 75 ft		
Street too narrow for a tractor-trailer		
Shuttle likely required		
Parking permit needed		

Storage unit travelling with the shipment?

☐ Yes ☐ No

Not going with the shipment

Once you have your cubic-feet total

Go to usmpo.org/move and reserve your move online, risk-free, with a verified carrier. Every carrier on the platform holds active FMCSA operating authority and current insurance on file.

Scan or photograph every completed page and upload it at usmpo.org/move or email it to

support@usmpo.org, along with any images or videos. Inventories are reviewed within one business day, and a move advisor will contact you if anything needs clarification before pricing.

Need help? Speak with a moving advisor at no charge and with no obligation to book — **202-888-7810**.

