

# Estimate

Estimate number MV-202508-2179  
Estimate Date: 08-05-2025

## SOS Moving Company

8280 Willow Oaks Corporate Dr. Suite 600  
Fairfax, VA 22031  
443-985-2998  
sosmovingcompany@gmail.com

## Estimate for

2179 Harithy Drive  
Dunn Loring, VA 22027

This estimate covers comprehensive contents management services for a basement restoration project including initial pack-out, secure storage for 2 months, debris hauling, and final pack-in services. All services comply with IRC building codes and OSHA safety standards for contents handling and construction debris disposal.

### Contents Pack-Out Services

4-person crew for 8 hours (32 labor hours total). Crew composition includes crew leader plus 3 handlers. Elevated labor rates applied due to basement access complexity and stair navigation. Enhanced handling required for fragile and high-value items per inventory specifications.

**Living & Bar Area Contents:** Queen-Sized Bed Frame & Mattress (mattress and box spring to be bagged, bed frame disassembled and wrapped in moving blankets, all hardware secured in labeled bag), Nightstands (x2), Dresser, Table Lamps (x2), Bedroom Chair, Entertainment Center/Media Console, Area Rug, Floor Lamp, Coffee Table Books/Decorative Items, Bar Stools (x3), Wall-Mounted Shelves (x2), Small Appliances, Glass Vases & Decorative Bottles (x5), Woven Wood Vases (x2), Framed Family Photos (x3), Throw Pillows (x4) & Blanket (x1), Wall Art - Whitbread Ale Mirror, Wall Art - Framed Print (Avranches), Wall Art - Framed Canvas (Bottles), Small Wine/Liquor Decanter & Glasses (x2), Karaoke Machine & Sound Mixer, Small LED/Digital Clock, Neon Sign, Large Framed Art Print (PARAPLUIE-REVEL).

**Gym Area:** Free Weights & Dumbbells, Exercise Mat, Assorted Gym Equipment, Wall-Mounted Art/Decor (Metal), Dehumidifier, Elliptical Machine, Multi-Station Home Gym, Exercise Mats (x2), Golf Practice Mat.

**Closet:** Plastic Storage Bins & Containers, Golf Club Bag (HEAD brand), Hand Truck/Dolly, Artificial Plants & Wreaths, Christmas Tree Stand, Candles (x3), Folding Camping Chair in Bag.

### Basement Level

Labor				
Item	Qty	Unit	Unit Price	Total Price
1. Pack-Out Labor	32.00	HR	\$90.00	\$2,880.00
4-person crew for contents packing and removal				
2. Access Complexity Surcharge	1.00	LS	\$320.00	\$320.00
Applied due to basement stair access and heavy lifting equipment requirements				
Materials & Supplies				
Item	Qty	Unit	Unit Price	Total Price
3. Packing Materials	1.00	LS	\$485.00	\$485.00
Moving blankets (25), bubble wrap (8 rolls), packing paper (15 bundles), boxes (small: 30, medium: 25, large: 15, picture: 8), custom crating materials, protective film, hardware bags, labels				
Basement Level Subtotal:				\$3,685.00

Transportation & Storage Services

Transportation to climate-controlled storage facility within 15-mile radius. Storage unit (10' x 20' = 200 sq ft) maintains temperature 60-80°F and humidity control with 24/7 security monitoring and gated access.

Storage Facility

Transportation

Item	Qty	Unit	Unit Price	Total Price
4. Labor for Transport and Unloading <i>Crew labor for loading, transport, and unloading at storage facility</i>	1.00	LS	\$485.00	\$485.00
5. Transportation Costs <i>26-foot moving truck with secure loading and weight distribution</i>	1.00	LS	\$275.00	\$275.00

Storage

Item	Qty	Unit	Unit Price	Total Price
6. Storage Rental <i>Climate-controlled storage unit rental</i>	2.00	MO	\$185.00	\$370.00
7. Storage Insurance & Security <i>Coverage and security monitoring for stored contents</i>	1.00	LS	\$45.00	\$45.00

Storage Facility Subtotal: \$1,175.00

Debris Hauling Services

Removal of existing construction debris from basement area totaling 2,344.35 lbs (1.17 tons). 4-person crew for debris loading and removal with handling of materials and compliance with Virginia DEQ disposal regulations.

Basement Level

Labor & Transportation

Item	Qty	Unit	Unit Price	Total Price
8. Labor for Debris Loading <i>4-person crew for debris loading and removal</i>	1.00	LS	\$680.00	\$680.00
9. Transportation & Trip Fee <i>Trip to approved construction &amp; demolition disposal facility</i>	1.00	LS	\$195.00	\$195.00

Disposal & Fees

Item	Qty	Unit	Unit Price	Total Price
10. Disposal Facility Fees <i>C&amp;D waste disposal at regional facilities</i>	1.17	TN	\$101.00	\$118.17
11. Environmental Compliance Fee <i>Virginia DEQ compliance and documentation</i>	1.00	LS	\$65.00	\$65.00

Basement Level Subtotal: \$1,058.17

Retrieval & Pack-In Services

Coordinated pickup from storage facility upon project completion with transportation back to restored property. 4-person crew for 8 hours (32 labor hours total) for unpacking of all contents with debris removal, furniture reassembly using secured hardware, item placement per homeowner specifications, and final walkthrough with inventory verification.

Basement Level

Transportation

Item	Qty	Unit	Unit Price	Total Price
12. Moving Truck Rental and Fuel <i>One local return trip for contents retrieval</i>	1.00	LS	\$195.00	\$195.00
13. Retrieval Transportation <i>Coordinated pickup and transport from storage facility</i>	1.00	LS	\$275.00	\$275.00

Labor & Services

Item	Qty	Unit	Unit Price	Total Price
14. Pack-In Labor <i>4-person crew for unpacking and placement services</i>	32.00	HR	\$90.00	\$2,880.00
15. Assembly & Placement Services <i>Furniture reassembly and item placement per specifications</i>	1.00	LS	\$485.00	\$485.00
16. Waste Disposal <i>Packing materials disposal and cleanup</i>	1.00	LS	\$85.00	\$85.00

Basement Level Subtotal: \$3,920.00

Subtotal: \$9,838.17

Estimate Total: \$9,838.17

**Payment Schedule:** 25% deposit upon contract signing (\$2,656.26), 40% upon completion of pack-out phase (\$4,250.02), 35% upon completion of pack-in phase (\$3,718.76)  
**Project Timeline:** Pack-out completion: 1-2 business days from start, Storage duration: 2 months as specified, Pack-in scheduling: 48-hour advance notice required  
**Coverage:** Full replacement value coverage included, Workers' compensation and general liability maintained, Certificate provided upon request

Exclusions:

- Services exclude hazardous materials handling
- Does not include permit acquisition for debris disposal

**Validity:** 30 days from issue date

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**Licensing:** All work performed by licensed, insured contractors following OSHA safety protocols and Virginia waste disposal regulations