

# Estimate

Estimate number MV-202507-1390  
Estimate Date: 2025-07-31

## SOS Moving Company

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

## Estimate for

13904 Vista Drive  
Rockville, MD 20853

### Project Overview

This estimate covers debris removal and contents management services for water damage restoration at the specified property.  
**Key Highlights:** Includes pack-out, climate-controlled storage for 2 months, pack-in, and placement of contents, along with hauling of existing construction waste.  
All work complies with IRC, IBC, and OSHA standards for safe handling and transportation.

## Debris Hauling Services

**Project Scope:** Removal and disposal of existing construction waste from basement and 1st floor areas, totaling approximately 922.77 lbs (0.46 tons).  
**Specific Considerations:** Includes all labor, equipment, and disposal fees.  
**Challenging Access:** Narrow pathways and stairs require careful maneuvering of equipment.  
**Heavy Lifting Equipment:** Use of dollies and hand trucks to comply with OSHA lifting guidelines.

## Entire Property

Debris removal from basement and 1st floor areas, totaling approximately 922.77 lbs (0.46 tons) of existing waste.

## Disposal & Hauling

Item	Qty	Unit	Unit Price	Total Price
1. Labor (Loading) <i>2 movers for loading debris into transport vehicle. Includes time for careful handling per OSHA guidelines.</i>	2.00	HR	\$85.00	\$170.00
2. Disposal Facility Fee <i>Fee for disposal at Montgomery County Transfer Station. Based on existing debris weight.</i>	0.46	TN	\$84.00	\$38.64
3. Trip Fee <i>One-time fee for transportation to disposal site. Includes vehicle and fuel costs from jobsite.</i>	1.00	EA	\$100.00	\$100.00

Entire Property Subtotal: \$308.64

## Contents Management & Moving Services

**Project Scope:** Comprehensive pack-out, inventory, protective packing, transportation to climate-controlled storage, storage for 2 months, retrieval, pack-in, and placement of contents from basement (bedroom, living room) and 1st floor (kitchen, living room), totaling approximately 710 sqft.  
**Specific Considerations:** Fragile Items: Individual wrapping for dishes, glassware, and artwork to comply with IRC handling standards.  
Heavy Items: Use of dollies for appliances and furniture per OSHA guidelines.  
Climate-controlled storage ensures protection of electronics, furniture, and delicate items.

## 1st Floor Kitchen

Pack-out and protective packing of contents in ~251 sqft kitchen.  
Includes major appliances (refrigerator, stove/oven, microwave), cabinet contents (dishes, glassware, pantry items, pots, pans, small appliances, cutlery, utensils), fragile items (plates, bowls, mugs, glasses, specialty glassware, teapots, coffee percolator, mixing bowls,

serving platters), small appliances (coffee maker, electric kettle, rice cooker, toaster, air fryer, blender, food processor, waffle maker), pots & pans (including cast iron), and miscellaneous (utensils, knives, cutting boards, storage containers, cleaning supplies, potted plants, trash can, dish rack, towels).

Major Appliances

Item	Qty	Unit	Unit Price	Total Price
4. Labor	2.00	HR	\$85.00	\$170.00
2 movers for disconnecting, securing, and wrapping appliances. Ensures safe handling per IRC standards.				
5. Materials	1.00	EA	\$75.00	\$75.00
Appliance straps (\$15), moving blankets rental (\$30), stretch film (\$25), tape (\$5). Suitable for three appliances.				

Upper/Lower Cabinets & Drawers Contents

Item	Qty	Unit	Unit Price	Total Price
6. Labor	8.00	HR	\$85.00	\$680.00
2 movers for packing contents. Includes handling of sharp objects per OSHA standards.				
7. Materials	1.00	EA	\$413.00	\$413.00
Dish pack boxes (10 at \$8.50 = \$85), small boxes (\$30), medium boxes (\$30), packing paper (\$200), bubble wrap (\$60), tape (\$8). Includes 10 dish pack boxes for kitchen contents.				

Dishes & Kitchenware (Fragile Items)

Item	Qty	Unit	Unit Price	Total Price
8. Labor	5.00	HR	\$85.00	\$425.00
2 movers for individual wrapping. Ensures protection of fragile items per IRC standards.				

Small Appliances & Countertop Items

Item	Qty	Unit	Unit Price	Total Price
9. Labor	2.00	HR	\$85.00	\$170.00
1 mover for packing and securing. Includes cleaning and cord management.				
10. Materials	1.00	EA	\$80.00	\$80.00
Medium boxes (\$15), bubble wrap (\$40), packing paper (\$20), tape (\$5). Suitable for small appliances.				

Assorted Pots & Pans (Including Cast Iron)

Item	Qty	Unit	Unit Price	Total Price
11. Labor	1.00	HR	\$85.00	\$85.00
1 mover for cleaning and wrapping. Includes heavy cast iron handling.				

12. Materials	1.00	EA	\$38.00	\$38.00
<i>Small boxes (\$8), packing paper (\$10), bubble wrap (\$20). Suitable for pots and pans.</i>				

Miscellaneous Kitchen Items

Item	Qty	Unit	Unit Price	Total Price
13. Labor	2.50	HR	\$85.00	\$212.50
<i>2 movers for packing. Includes handling of diverse items like plants and cleaning supplies.</i>				
14. Materials	1.00	EA	\$94.00	\$94.00
<i>Medium boxes (\$30), small boxes (\$5), cleaning supplies box (\$4), packing paper (\$20), bubble wrap (\$20), plastic wrap for plants (\$10), tape (\$5). Suitable for miscellaneous items.</i>				

1st Floor Kitchen Subtotal: \$2,442.50

1st Floor Living Room

*Pack-out and protective packing of contents in ~269 sqft living room.  
Includes furniture (chairs, dining table, sofa, TV stand, small dresser, large dresser, side table, small side table, small stool/ottoman), TV (large flat-screen), and household goods & miscellaneous (baskets, glass bowl/pedestal dish, electric fly swatter, frames, empty green bottle, wall clock, keys/key holder, lamp, pillows, artwork, floor fan, tall plant, various decorative items, window blinds, floor rug).*

Furniture

Item	Qty	Unit	Unit Price	Total Price
15. Labor	4.00	HR	\$85.00	\$340.00
<i>2 movers for disassembly and wrapping. Includes protection of furniture per OSHA standards.</i>				
16. Materials	1.00	EA	\$103.00	\$103.00
<i>Moving blankets rental (\$40), sofa bags (\$30), stretch film (\$20), tape (\$5), furniture pads (\$8). Suitable for furniture items.</i>				

TV (Large Flat-Screen)

Item	Qty	Unit	Unit Price	Total Price
17. Labor	1.00	HR	\$85.00	\$85.00
<i>2 movers for unmounting and packing. Ensures screen protection per IRC standards.</i>				
18. Materials	1.00	EA	\$63.00	\$63.00
<i>TV carton (\$30), moving blanket rental (\$8), bubble wrap (\$20), tape (\$5). Suitable for large flat-screen TV.</i>				

Household Goods & Miscellaneous

Item	Qty	Unit	Unit Price	Total Price
19. Labor	4.50	HR	\$85.00	\$382.50
<i>2 movers for packing. Includes handling of fragile and decorative items.</i>				

20. Materials	1.00	EA	\$303.00	\$303.00
<i>Small boxes (\$10), medium boxes (\$25), picture/mirror cartons (\$15), bubble wrap (\$90), packing paper (\$90), linen boxes (\$40), plastic sheeting for rug (\$10), plant wrap (\$15), tape (\$8). Suitable for miscellaneous items.</i>				

1st Floor Living Room Subtotal: \$1,276.50

Basement Living Room

*Pack-out and protective packing of contents in ~269 sqft space.  
Includes electronics & media (TV, TV stand, TV accessories, guitar amplifier), musical instruments (guitars, piano, music stand/stool), furniture & large items (sofa, desk), recreational/outdoor gear (fishing rods, bags, cooler, large green case), and household goods & miscellaneous (books/magazines, water bottles, miscellaneous boxes, decorative items/small plants).*

Electronics & Media

Item	Qty	Unit	Unit Price	Total Price
21. Labor	2.00	HR	\$85.00	\$170.00
<i>2 movers for packing. Includes careful handling of electronics.</i>				
22. Materials	1.00	EA	\$66.00	\$66.00
<i>TV carton (\$30), moving blanket rental (\$8), bubble wrap (\$20), tape (\$5), small parts box (\$3). Suitable for electronics and media.</i>				

Musical Instruments

Item	Qty	Unit	Unit Price	Total Price
23. Labor	2.00	HR	\$85.00	\$170.00
<i>2 movers for wrapping and packing. Ensures protection of delicate instruments.</i>				
24. Materials	1.00	EA	\$148.00	\$148.00
<i>Guitar cartons (\$60), moving blankets rental (\$20), bubble wrap (\$60), tape (\$5), small box for pedals/cables (\$3). Suitable for musical instruments.</i>				

Furniture & Large Items

Item	Qty	Unit	Unit Price	Total Price
25. Labor	1.00	HR	\$85.00	\$85.00
<i>2 movers for packing. Includes protection of furniture per OSHA standards.</i>				
26. Materials	1.00	EA	\$50.00	\$50.00
<i>Sofa bag (\$15), moving blankets rental (\$15), stretch film (\$10), tape (\$5), furniture pads (\$5). Suitable for furniture items.</i>				

Recreational/Outdoor Gear

Item	Qty	Unit	Unit Price	Total Price
27. Labor	1.50	HR	\$85.00	\$127.50
<i>2 movers for packing. Includes handling of long and fragile items.</i>				

28. Materials	1.00	EA	\$68.00	\$68.00
<i>Long cardboard tubes/boxes (\$30), moving blankets rental (\$15), stretch film (\$10), tape (\$5), large moving bags (\$8). Suitable for recreational gear.</i>				

Household Goods & Miscellaneous

Item	Qty	Unit	Unit Price	Total Price
29. Labor	2.00	HR	\$85.00	\$170.00
<i>1 mover for packing. Includes handling of books and decorative items.</i>				
30. Materials	1.00	EA	\$48.00	\$48.00
<i>Small book boxes (\$8), small boxes (\$5), bubble wrap (\$20), packing paper (\$10), tape (\$5). Suitable for miscellaneous items.</i>				

Basement Living Room Subtotal: \$1,102.50

Basement Room (Bedroom)

*Pack-out and protective packing of contents in ~70.44 sqft bedroom.  
Includes furniture (mirror, vanity/desk, bed, bookshelves, drawer unit/small dresser), electronics & appliances (speakers, heaters, fan),  
packed boxes (existing) (books, other contents, Amazon boxes), and miscellaneous items (picture frames, decorative items, books,  
plastic storage bins, window blinds, plush toys/dolls).*

Furniture

Item	Qty	Unit	Unit Price	Total Price
31. Labor	4.00	HR	\$85.00	\$340.00
<i>2 movers for packing. Includes disassembly and protection of furniture.</i>				
32. Materials	1.00	EA	\$163.00	\$163.00
<i>Mirror carton (\$10), mattress bag (\$15), moving blankets rental (\$30), bubble wrap (\$80), stretch film (\$15), tape (\$5), furniture pads (\$8). Suitable for furniture items.</i>				

Electronics & Appliances

Item	Qty	Unit	Unit Price	Total Price
33. Labor	1.00	HR	\$85.00	\$85.00
<i>1 mover for packing. Includes careful handling of electronics.</i>				
34. Materials	1.00	EA	\$53.00	\$53.00
<i>Medium boxes (\$8), bubble wrap (\$40), tape (\$5). Suitable for electronics and appliances.</i>				

Packed Boxes (Existing)

Item	Qty	Unit	Unit Price	Total Price
35. Labor	0.75	HR	\$85.00	\$63.75
<i>1 mover for inspection and reinforcement. Includes checking box integrity.</i>				

36. Materials	1.00	EA	\$13.00	\$13.00
<i>Large boxes (\$8), tape (\$5).</i> <i>Suitable for reinforcing existing boxes.</i>				

Miscellaneous Items

Item	Qty	Unit	Unit Price	Total Price
37. Labor	3.50	HR	\$85.00	\$297.50
<i>2 movers for packing.</i> <i>Includes handling of fragile and decorative items.</i>				
38. Materials	1.00	EA	\$184.00	\$184.00
<i>Small boxes (\$8), medium boxes (\$15), picture frame boxes (\$15), bubble wrap (\$60), packing paper (\$60), tape (\$8), plastic wrap for bins (\$10), large moving bags (\$8).</i> <i>Suitable for miscellaneous items.</i>				

Basement Room (Bedroom) Subtotal: \$1,199.25

Transportation & Logistics

**Project Scope:** Transportation of contents to and from climate-controlled storage facility, including storage for 2 months, and final pack-in with placement.  
**Specific Considerations:** Includes initial pack-out transport, storage in a 10' x 15' climate-controlled unit, retrieval transport, and unpacking with placement in original or designated locations, including disposal of packing materials.  
IRC requires climate control for electronics, furniture, and delicate items.

Initial Pack-Out Transport to Storage

Item	Qty	Unit	Unit Price	Total Price
39. Truck/Fuel	1.00	EA	\$275.00	\$275.00
<i>Transportation costs for contents from jobsite to storage facility.</i> <i>Includes vehicle and fuel for pack-out.</i>				
40. Driver/Crew Travel Time	4.50	HR	\$85.00	\$382.50
<i>3 movers for travel time.</i> <i>Includes time for loading and transport from company to jobsite and to storage.</i>				

Storage (2 Months)

Item	Qty	Unit	Unit Price	Total Price
41. Storage Cost	2.00	MO	\$180.00	\$360.00
<i>Climate-controlled 10' x 15' unit.</i> <i>Ensures protection of contents per IRC standards.</i>				

Retrieval from Storage & Transport to Restored Property

Item	Qty	Unit	Unit Price	Total Price
42. Truck/Fuel	1.00	EA	\$350.00	\$350.00
<i>Transportation costs for contents from storage facility to jobsite.</i> <i>Includes vehicle and fuel for retrieval.</i>				
43. Driver/Crew Travel Time	4.50	HR	\$85.00	\$382.50
<i>3 movers for travel time.</i> <i>Includes time for loading and transport from storage to jobsite.</i>				

Final Pack-In & Placement

Item	Qty	Unit	Unit Price	Total Price
44. Labor	16.00	HR	\$85.00	\$1,360.00
<i>3 movers for unpacking and placement. Includes material disposal and placement in designated locations.</i>				

Transportation & Logistics Subtotal: \$3,110.00

Subtotal: \$9,439.39

Estimate Total: \$9,439.39

Thank you for considering our services.  
We look forward to assisting with your project.  
For any questions, please contact us at 443-985-2998 or sosmovingcompany@gmail.com.

This estimate is based on the provided inventory and project details. Any changes to the scope of work may require revisions to pricing.

- Assumes standard property access and no unforeseen complications (e.g., extreme weather, hazardous materials).
- Major appliances are disconnected from utilities by qualified professionals prior to pack-out.
- Existing packed boxes are assumed non-fragile unless inspection reveals otherwise; re-boxing may incur additional costs.
- Disposal fees are based on Montgomery County rates; actual costs may vary.
- Excludes cleaning services for property or contents.
- Unlisted items requiring packing/moving will be quoted separately.
- Payment terms: 50% deposit upon contract execution, 25% upon pack-out completion, 25% upon pack-in completion.
- All work complies with ICC, OSHA, and DOT regulations.