

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, loading onto truck, 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
4. Dump Truck Rental <i>Rental of 1-ton dump truck for hauling 0.46 tons of debris. Separate from contents moving truck; includes usage for transport to local disposal site.</i>	1.00	EA	\$320.00	\$320.00

Entire Property Subtotal: \$628.64

Contents Management & Moving Services

Project Scope: Comprehensive pack-out, inventory, protective packing, loading onto truck, 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, protective packing, and loading 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).

Packing Labor

Item	Qty	Unit	Unit Price	Total Price
5. Packing Labor	12.00	HR	\$85.00	\$1,020.00
<i>Movers for packing all contents in the kitchen, including major appliances, cabinets, fragile items, small appliances, pots & pans, and miscellaneous.</i> <i>Includes individual wrapping, secure packing, and handling per IRC and OSHA standards.</i>				

Loading Labor

Item	Qty	Unit	Unit Price	Total Price
6. Loading Labor	5.00	HR	\$85.00	\$425.00
<i>Movers for loading all packed contents from the kitchen onto truck.</i> <i>Includes use of dollies and careful stacking per OSHA and IRC standards.</i>				

Packing Material

Item	Qty	Unit	Unit Price	Total Price
7. Packing Material	1.00	EA	\$600.00	\$600.00
<i>Materials for packing kitchen contents, including dish pack boxes (8 at \$8.50 = \$68), small/medium boxes, packing paper, bubble wrap, tape, appliance straps, moving blankets, and stretch film.</i> <i>Suitable for all kitchen items.</i>				

1st Floor Kitchen Subtotal: \$2,045.00

1st Floor Living Room

Pack-out, protective packing, and loading 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).

Packing Labor

Item	Qty	Unit	Unit Price	Total Price
8. Packing Labor	8.00	HR	\$85.00	\$680.00
<i>Movers for packing all contents in the living room, including furniture, TV, and household goods & miscellaneous.</i> <i>Includes individual wrapping, secure packing, and handling per IRC and OSHA standards.</i>				

Loading Labor				
Item	Qty	Unit	Unit Price	Total Price
9. Loading Labor	3.00	HR	\$85.00	\$255.00
<i>Movers for loading all packed contents from the living room onto truck. Includes use of dollies and careful stacking per OSHA and IRC standards.</i>				

Packing Material				
Item	Qty	Unit	Unit Price	Total Price
10. Packing Material	1.00	EA	\$400.00	\$400.00
<i>Materials for packing living room contents, including moving blankets, sofa bags, stretch film, TV carton, bubble wrap, packing paper, linen boxes, plastic sheeting for rug, and plant wrap. Suitable for all living room items.</i>				

1st Floor Living Room Subtotal: \$1,335.00

Basement Living Room				
<i>Pack-out, protective packing, and loading 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).</i>				

Packing Labor				
Item	Qty	Unit	Unit Price	Total Price
11. Packing Labor	7.00	HR	\$85.00	\$595.00
<i>Movers for packing all contents in the basement living room, including electronics & media, musical instruments, furniture & large items, recreational/outdoor gear, and household goods & miscellaneous. Includes individual wrapping, secure packing, and handling per IRC and OSHA standards.</i>				

Loading Labor				
Item	Qty	Unit	Unit Price	Total Price
12. Loading Labor	5.00	HR	\$85.00	\$425.00
<i>Movers for loading all packed contents from the basement living room onto truck. Includes use of dollies and careful stacking per OSHA and IRC standards.</i>				

Packing Material				
Item	Qty	Unit	Unit Price	Total Price
13. Packing Material	1.00	EA	\$340.00	\$340.00
<i>Materials for packing basement living room contents, including TV carton, guitar cartons, moving blankets, bubble wrap, sofa bag, stretch film, long cardboard tubes, and small parts boxes. Suitable for all basement living room items.</i>				

Basement Living Room Subtotal: \$1,360.00

Basement Room (Bedroom)				
<i>Pack-out, protective packing, and loading of contents in ~70.44 sqft bedroom. Includes furniture (mirror, vanity/desk, bed, bookshelves, drawer unit/small dresser), electronics & appliances (speakers, heaters, fan),</i>				

packed boxes (existing) (books, other contents, Amazon boxes), and miscellaneous items (picture frames, decorative items, books, plastic storage bins, window blinds, plush toys/dolls).

Packing Labor

Item	Qty	Unit	Unit Price	Total Price
14. Packing Labor	7.50	HR	\$85.00	\$637.50
<i>Movers for packing all contents in the basement room, including furniture, electronics & appliances, packed boxes, and miscellaneous items.</i> <i>Includes individual wrapping, secure packing, and handling per IRC and OSHA standards.</i>				

Loading Labor

Item	Qty	Unit	Unit Price	Total Price
15. Loading Labor	4.00	HR	\$85.00	\$340.00
<i>Movers for loading all packed contents from the basement room onto truck.</i> <i>Includes use of dollies and careful stacking per OSHA and IRC standards.</i>				

Packing Material

Item	Qty	Unit	Unit Price	Total Price
16. Packing Material	1.00	EA	\$360.00	\$360.00
<i>Materials for packing basement room contents, including mirror carton, mattress bag, moving blankets, bubble wrap, medium boxes, picture frame boxes, stretch film, tape, plastic wrap for bins, and large moving bags.</i> <i>Suitable for all basement room items.</i>				

Basement Room (Bedroom) Subtotal: \$1,337.50

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
17. 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>				
18. 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
19. 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
20. Truck/Fuel	1.00	EA	\$350.00	\$350.00
<i>Transportation costs for contents from storage facility to jobsite. Includes vehicle and fuel for retrieval.</i>				
21. Driver/Crew Travel Time	4.50	HR	\$85.00	\$382.50
<i>3 movers for travel time. Includes time for loading and transport from storage to jobsite.</i>				

Final Pack-In & Placement

Item	Qty	Unit	Unit Price	Total Price
22. 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: \$9,816.14

Estimate Total: \$9,816.14

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.