

When planning a residential move, especially with professional movers like **Southside Moving** (*Southside Portsmouth VA Movers*), many frequently ask: “Will movers pack my medications and passports?” The short answer is usually no. Handling sensitive and important items yourself keeps your move safer and more organized. In this comprehensive post, we'll cover key points on managing important documents and medications on moving day, decluttering to reduce costs and unpacking hassle, understanding non-allowables, as well as critical logistics like truck parking, building access, and furniture measurements.



Why You Should Move Important Documents and Medications Yourself

Movers handle everything from heavy sofas to fragile antiques—but there are certain items you must personally pack and carry. Medications and passports fall squarely in that category. Here's why:

- **Security:** Passports and medications are sensitive personal items that require safeguarding at all times.
- **Legal and Safety Restrictions:** Some medications contain controlled substances that cannot be transported by movers.
- **Accessibility:** You may need immediate access to medications or your passport during the move or travel.

According to the FMCSA Protect Your Move resource and their booklet *Your Rights and Responsibilities When You Move*, movers are not permitted—and generally will refuse—to pack or transport medications, passports, or other critical personal documents.

Medications Moving Day: Best Practices

Medications require special care on move day. Here are my top tips when packing and transporting medications:

1. **Keep medications in their original containers:** This helps verify prescription details if needed.
2. **Carry an updated list of prescriptions:** Include dosage and prescribing doctor info.
3. **Plan for temperature sensitivity:** Some meds require refrigeration; arrange transport accordingly.
4. **Store medications in your personal carry-on bag:** Don't pack in moving boxes.

5. **Notify your healthcare provider before the move:** To arrange refills or replacements if needed.

Passport Moving Tips

Passports cannot be replaced easily or quickly if lost during a move—so follow these key guidelines:

- **Keep passports in a secure travel wallet or document organizer that you carry personally.**
- **Do not pack passports in moving boxes—even labeled “Important Documents.”**
- **Have digital copies stored securely online as backups.**
- **Verify passports and visas before traveling if your move involves crossing borders.**

Decluttering: The First Step to Smarter Moving and Lower Costs

Decluttering before your move is crucial. The less you move, the less you pay—and the less you unpack. Here’s why decluttering makes such a difference:



- **Weight and volume impact price:** Moving companies charge by weight and space used.
- **Less to pack makes scheduling quicker:** Packers don’t spend as long sorting your belongings.
- **Unpacking is easier and faster:** You’ll avoid opening and storing unwanted items.
- **Reduces risk of losing or damaging items:** Fewer boxes reduce chaos on moving day.

Start early by going room to room, labeling piles as *Keep*, *Donate*, *Trash*, or *Sell*. Use painter's tape and big block letters to label boxes according to rooms to avoid the annoyance of generic "Books" or "Kitchen" boxes that confuse unpacking.

Understanding Non-Allowables and Safety-Based Exclusions

If you are hiring professional movers, such as **Southside Moving**, it’s essential to know what they *will not* transport. The FMCSA outlines several categories of restricted or prohibited items:

Category	Examples	Reason
Hazardous Materials	Flammable liquids, gases, explosives, chemicals	Safety and fire risk
Perishable Food	Foods needing refrigeration	Risk of spoilage and odors
Live Animals	Pets, insects	Special care

required Personal Documents and Valuables Passports, IDs, medications, money, jewelry Security and legal concerns Firearms and Ammunition Guns, bullets Legal restrictions and safety

Consult the FMCSA Ready to Move brochure for an exhaustive list and discussion of non-allowables.

Truck Parking and Building Access Logistics: A Coordination Must

Before the movers arrive—and before you start packing boxes—find out exactly **where the moving truck will park**. I always remind clients this, because the parking spot impacts elevator bookings, how many trips movers have to make, and ultimately move timing.

- **Measure parking spot clearance:** High-rise buildings often have tight spots or loading docks with height restrictions.
- **Reserve elevator time:** Book freight elevators well in advance and confirm timing on move day.
- **Notify building management:** Provide move day details and obtain necessary permits or keys.
- **Plan for distance from truck to building entrance:** More distance means movers carry heavy items farther, which adds time and possibly cost.

At Southside Moving, movers work closely with clients to schedule accessible parking and coordinate building entry details in Norfolk, Portsmouth, and Hampton Roads neighborhoods where tight community parking applies.

Measuring Furniture and Exits: A Key Move Preparation Step

Large furniture that won't fit through doorways, stairwells, or elevators can lead to costly delays and damage. Here's how to measure correctly:

1. **Measure the height, width, and depth** of large furnishings.
2. **Measure stairwell widths and ceiling heights:** Include any turn radii in narrow corridors.
<https://resident.com/home-and-living/2026/08/20/how-to-prepare-your-home-before-professional-movers-arrive>
3. **Measure elevator interiors:** Doors and cab space.
4. **Measure all door frames the furniture must pass through:** Interior and exterior.
5. **Communicate these numbers to your movers:** They can plan disassembly or alternate routes.

Using painter's tape and big block lettering for room labels also helps move crews know exactly where each item belongs, reducing confusion and damage risks.

Summary: Your Move Checklist for Important Items

Task Notes Pack medications yourself Original containers, carry on your person, prepare refills. Carry passports and documents Secure travel wallet, do not pack with movers. Declutter belongings Donate or discard to save money and time. Check non-allowables Consult FMCSA guidelines and mover policies. Reserve parking and elevator access Confirm with building management and movers. Measure furniture and exits Share measurements with movers in advance.

Additional Resources

- Southside Moving (Southside Portsmouth VA Movers)

- FMCSA Protect Your Move Resource
- FMCSA "Your Rights and Responsibilities When You Move" Booklet (PDF)
- FMCSA "Ready to Move" Brochure (PDF)

Moving day is complex, but with the right preparation and understanding of movers' policies, you can avoid headaches related to medications, passports, and other critical items. Always know where your truck will park before packing a single box—and label those boxes clearly by room, not by contents!

For your next move in the Portsmouth area, consider contacting **Southside Moving** for expert, local relocation assistance that respects your valuable items and your schedule.