

MOVING VAN SIZING GUIDE






Smart Moves in Ilford

With over 17 years of experience, **Man and Van Ilford** offers dependable and affordable removals, courier, and transport services throughout Ilford and surrounding areas. Whether you're moving a few boxes or an entire house, we provide a service tailored to your needs—efficient, friendly, and stress-free.

Van Sizes Explained

Van Size	Best For	Capacity	Feature
Small	Boxes, small items, student moves	~1–2.5 m ³	Compact & cost-effective
Medium	Studio/1-bed flats	~5–8 m ³	Roomy interior, flexible
Luton	2-3 bed homes, office moves	~12–18 m ³	Tail lift, large items
XL Van (3.5T+)	Full house moves, long distances	~20–25 m ³	Extra space, heavy-duty use

Packing Tips

-  **Label every box** by room or category
-  **Wrap fragile items** with bubble wrap or towels
-  **Use suitcases** for heavy items like books
-  **Disassemble furniture** where possible
-  **Pack early** and keep essentials accessible

FAQs

Q: How much notice is needed?

A: Ideally 24–48 hours, but same-day bookings may be possible.

Q: Can you help with packing?

A: Yes! We offer full packing, partial packing, or just transport.

Q: Is insurance included?

A: Yes. Goods in transit and public liability cover are included.

Q: Do you work weekends and evenings?

A: Absolutely—no extra cost for off-peak hours.

Why Choose Man and Van Ilford?

- Over 17 Years of Experience
- Local Knowledge of Ilford Roads
- Punctual, Friendly & Professional Staff
- Affordable Fixed & Hourly Pricing
- Fully Insured & Licensed
- Free Quote, No Hidden Fees

Contact us now for a free quote at **0203 376 6174** and experience a seamless move with **Man and Van Ilford!**

ManAndVan
Ilford.co.uk

