

MOVING VAN SIZING GUIDE






Your Go-To Moving Team in Romford

Man and Van Romford brings over 15 years of expertise in removals and logistics. We deliver quick, affordable, and trustworthy moving services across Romford. From small apartment shifts to full house relocations, our team makes it easy and worry-free.

Van Sizes Explained

Van Size	Best For	Capacity	Feature
Small	Boxes, light loads, student moves	~1–2.5 m ³	Great for quick, local jobs
Medium	Flats, small homes	~5–8 m ³	Versatile for mid-size moves
Luton	House or office moves	~12–18 m ³	Includes tail lift, very spacious
XL Van (3.5T+)	Full property or long-distance	~20–25 m ³	Largest option, heavy-duty jobs

Packing Tips

-  **Write room names** on all boxes
-  **Wrap glass & fragile items** tightly
-  **Use luggage** for compact heavy items
-  **Flat-pack furniture** to fit more in the van
-  **Start packing early** to avoid last-minute stress

FAQs

Q: Can I book on short notice?

A: Yes, we offer flexible same-day and next-day slots.

Q: Do you help with dismantling furniture?

A: Yes, we can dismantle and reassemble as needed.

Q: Is insurance provided?

A: Yes, every move is insured for your peace of mind

Q: Are your prices competitive?

A: Extremely—we offer great value with no hidden costs.

Why Choose Man and Van Romford?

- 15+ Years of Experience
- Specialists in Romford Moves
- Friendly & Efficient Team
- Great Rates – Hourly or Fixed
- Fully Licensed & Insured
- Quick Quotes with No Hidden Charges

Contact us now for a free quote at **0203 376 6135** and experience a seamless move with **Man and Van Romford!**

ManAndVan
Romford.co.uk

