GOOD DAY MOVING BINS
SAN DIEGO MOVING BIN RENTALS

SAN DIEGO MOVING GUIDE

How do I get rid of a couch, mattress or paint before I move?

Who picks up your donations, where the mattress goes, and what to do with everything else you're not moving.

> When we moved last year, we ended up hauling our old mattresses to the dump ourselves. We could, because we have a truck. Most people don't, and figuring out where everything else goes is a pain. So we put it all in one place.
>
> **Di, Good Day Moving Bins**

Good to know: the City of San Diego doesn't pick up couches or mattresses, so it helps to have a plan before moving week.

The 2-week plan

2 weeks out

1. Post what you're selling or giving away.
2. Schedule your donation pickup.
3. Chula Vista or El Cajon? Book your city's free bulky pickup.

1 week out

1. Book junk removal for anything left.
2. Drop off paint, cleaners and batteries.
3. Take old electronics to a store or the landfill.

Move week

1. Drop off the mattress. Miramar is weekdays only.
2. Set donations at ground level on pickup day.

Checked October 17, 2026. Details can change, so check before you go.

QUICK ANSWERS

What goes where

Find the thing you're stuck with. The details are on the next pages.

Couch, tables and dressers	Donate it. Father Joe's picks up for free if two people can carry it and it's in good shape.	**Father Joe's free pickup**
Clothes, dishes and bedding	Father Joe's picks these up for free.	**Father Joe's free pickup**
Mattress or box spring	Free at Miramar Landfill on weekdays, EDCO San Marcos on Sundays, or Otay Landfill in Chula Vista.	**Free drop-off**
Stained or broken furniture	Donation pickups won't take it. Have it hauled.	**Junk removal**
Old TVs and electronics	Best Buy stores take TVs, computers and small electronics, up to 2 TVs a day. Or try the Miramar Recycling Center (858-268-8971).	**bestbuy.com/ecycle**
Leftover paint	Free at Sherwin-Williams and other PaintCare stores, up to 5 gallons per visit.	**paintcare.org**
Cleaners, batteries, propane and motor oil	The City's free hazardous waste drop-off at Miramar. Wednesdays and Saturdays, 9 a.m. to 3 p.m. Book ahead. For City of San Diego residents.	**sandiego.gov/HHW**
Old medications	Same City drop-off, except painkillers.	**sandiego.gov/HHW**
Anything else	Search any item by ZIP code to see where it goes.	**wastefreesd.org**

Checked October 17, 2026. Details can change, so check before you go.

DONATE IT

They'll come get it

Nonprofits in San Diego that pick up from your home.

Free pickup

Father Joe's Villages

TAKES

- Furniture two people can carry
- Clothes, shoes and bedding
- Dishes, decor and housewares
- Working electronics

DOESN'T TAKE

- Mattresses, box springs and beds
- Cribs and car seats
- Stained, torn or broken furniture

Leave items at ground level. Drivers don't carry anything up or down stairs.

Schedule: my.neighbor.org or 619-446-2100

Pickup after approval

Humble Design San Diego

They turn donated furniture into homes for families moving out of homelessness. Send a request, and once your items are approved they'll pick up on a Monday, Tuesday or Thursday morning.

Rather drop it off? Weekdays 9 a.m. to 3 p.m. at 1944 Commercial St.

Schedule: humbledesign.org/sandiego

Paid pickup

Kindness G'MACH

Takes furniture in good shape and clean mattresses under 10 years old. Your items go to local families first, so pickup isn't same-day. They'll quote the pickup fee.

Schedule: kindnesssd.org

Checked October 17, 2026. Details can change, so check before you go.

THE HARD ONE

The mattress

Most donation pickups won't take it. Here's where it can go.

Free drop-off

Miramar Landfill

City Mattress Collection Site, 5161 Convoy St.

- Mon to Fri, 7 a.m. to 3 p.m.
- No limit

Free on Sundays

EDCO San Marcos

224 S. Las Posas Rd., San Marcos.

- Sundays, 8 a.m. to 4 p.m.
- Up to 10 mattresses

Free recycling

Otay Landfill

1700 Maxwell Rd., Chula Vista.

- No landfill pass needed
- Call for hours: 619-421-3773

Miramar and EDCO turn away mattresses that are wet, stained, badly torn or have bedbugs. Clean and under 10 years old? Kindness G'MACH will pick it up for a fee. No truck at all? Junk removal will take it, also for a fee (see the next page).

NOT IN THE CITY OF SAN DIEGO?

Your city may pick it up

Some cities nearby include free bulky item pickup or landfill passes with your trash service.

Chula Vista

Pickup and passes

Free bulky item pickup, plus two free Otay Landfill passes a year (up to 1 ton each, good for 90 days).

Passes: 619-482-4024

El Cajon

Four free pickups

EDCO picks up big items at the curb, up to six items each time, four times a year.

Schedule: 619-287-7555

Everywhere else

Search by ZIP

WasteFreeSD shows the drop-offs, pickups and landfills near you.

wastefreesd.org

Checked October 17, 2026. Details can change, so check before you go.

HAVE IT HAULED

Junk removal

They take almost anything, mattresses included, and each says it donates or recycles what it can. Get a quote first.

Price by truck space

1-800-GOT-JUNK

Free estimate on site. You pay for the space your stuff takes up in the truck.

Schedule: 1800gotjunk.com or 619-558-3232

Price by truck space

Junk King San Diego

Free estimate. Same-day appointments, or text them a photo for a quote.

Schedule: junk-king.com or 619-343-2941

Donates first

The Junkluggers of San Diego

Written estimate on site. They donate what they can and send donation receipts.

Schedule: junkluggers.com or 858-326-8001

Price online

LoadUp

Pick your items online and see the price before you book. Same or next day if you book by noon.

Schedule: goloadup.com

Listed A to Z. Good Day isn't paid to list any of these companies.

EVERYTHING ELSE

Sell it or give it away

Facebook Marketplace, Nextdoor, OfferUp or your neighborhood Buy Nothing group. Post a couple of weeks before you move.

Not sure where something goes? WasteFreeSD, from I Love A Clean San Diego, lets you search any item by ZIP code to find where to donate, recycle or drop it off. wastefreesd.org

Checked October 17, 2026. Details can change, so check before you go.

QUESTIONS

Common questions

Does the City of San Diego pick up couches or mattresses?

No. The City doesn't offer bulky item or curbside pickup. You can donate it, drop off the mattress or have it hauled.

Where can I get rid of a mattress for free in San Diego?

The City Mattress Collection Site at Miramar Landfill, 5161 Convoy St., takes them free Monday to Friday, 7 a.m. to 3 p.m. On Sundays, EDCO in San Marcos takes up to 10 for free. Both turn away mattresses that are wet, stained or have bedbugs.

Who picks up donated furniture for free?

Father Joe's Villages picks up furniture two people can carry, at no charge. Leave it at ground level, since drivers don't do stairs. They don't take mattresses or beds.

How do I get rid of old paint for free?

Many Sherwin-Williams and other PaintCare stores take up to 5 gallons per visit for free. City of San Diego residents can also book the City's free hazardous waste drop-off.

Can I take furniture to the dump myself?

Yes. Miramar Landfill charges a flat $75 for a car, SUV or pickup load from the City of San Diego, or $86 from outside the City (rates as of July 1, 2026). Cover your load, or there's an extra $50 fee.

Know someone who's moving? Don't forget to send them this guide: gooddaybins.com/guides/get-rid-of-couch-mattress-paint

Now pack what's left

Good Day rents reusable moving bins in San Diego. Two weeks, from $119, with a dolly. Delivery and pickup are included within 10 miles of City Heights.

gooddaybins.com

Checked October 17, 2026. Details can change, so check before you go.