



The Crash Pad Checklist

A practical way to compare the cost, sleeping setup, rules, and ride to work.

BASE	NEEDED BY	PAD OR CONTACT

QUICK COST CHECK	HOTEL	CRASH PAD
Expected nights per month		
Nightly or monthly rate		
Estimated lodging cost		
Transportation and parking		
Estimated monthly total		
Deposit and one-time fees		

Estimated monthly difference

01 Bed setup and occupancy rules

HOT BED: shared or rotating.
COLD BED: assigned only to you.

- ☐ Is it a hot bed or a cold bed?
- ☐ If hot, how many paying members are there per available bed?
- ☐ If every hot bed is occupied, what happens?
- ☐ If cold, may bedding and personal items remain in place?
- ☐ Is the room coed, gender-specific, private, or mixed crew?
- ☐ What is the maximum number of consecutive nights?
- ☐ Is there a maximum number of nights per month?
- ☐ Are there different rules for someone sitting reserve?
- ☐ How are extended stays and exceptions handled?
- ☐ Are occupancy and house rules consistently enforced?
- ☐ Are linens, towels, locker space, and luggage storage included?
- ☐ What are the quiet-hour, day-sleep, and alarm rules?

02 Airport transportation

- ☐ What is the real travel time to the employee reporting area?
- ☐ Is transportation a shuttle, shared car, driver, or self-drive car?
- ☐ Is transportation included or charged separately?
- ☐ If someone drives, are drop-offs and pickups available at any hour?
- ☐ How much notice is required for a ride?
- ☐ If self-drive, where is the car parked at the airport?
- ☐ Who pays for parking, fuel, tolls, and damage?
- ☐ How is the key accessed: lockbox, app, or handoff?
- ☐ How is the car reserved when several people need it?
- ☐ How often is the car or driver unavailable?
- ☐ How are delays, late returns, and schedule conflicts handled?
- ☐ What does a rideshare or other backup typically cost?
- ☐ What happens if the car will not start or the key is missing?
- ☐ Is parking at the crash pad guaranteed, and does it cost extra?

Notes from the owner or a current resident

What tends to go wrong? Are the ride and occupancy rules actually enforced?



How the pad actually works

Mark what you have confirmed, not merely what the listing promises.

03 The house and cleaning

- ☐ How many people share each bedroom and bathroom?
- ☐ Is there enough refrigerator, freezer, pantry, and food-storage space?
- ☐ Are cookware and basic kitchen supplies provided?
- ☐ Is laundry available, and does it cost extra?
- ☐ Who cleans the shared spaces, and how often?
- ☐ How often are the bathrooms and kitchen cleaned?
- ☐ Is cleaning professional or divided among residents?
- ☐ For a hot bed, who changes or supplies linens between occupants?
- ☐ How is the mattress and sleeping area cleaned between hot-bed users?
- ☐ For a cold bed, who handles linens and the sleeping area?
- ☐ Is Wi-Fi reliable for scheduling, training, and work?
- ☐ Is entry available 24 hours a day?
- ☐ What are the guest, pet, smoking, alcohol, and fragrance rules?

05 Cost and agreement terms

- ☐ What is the total monthly rate?
- ☐ What is included: utilities, Wi-Fi, laundry, parking, transport, and storage?
- ☐ What requires an additional payment?
- ☐ How much is the deposit, and when is it refundable?
- ☐ Is there a minimum commitment or month-to-month agreement?
- ☐ How much notice is required to leave?
- ☐ What happens after a base change, training delay, or schedule change?
- ☐ How and when is payment collected and documented?

04 Room and sleep compatibility

- ☐ Who assigns the room and bed?
- ☐ Can you request a different room or bed after moving in?
- ☐ Is there a wait, fee, or minimum period before changing?
- ☐ Are roommates matched by sleep habits or schedules?
- ☐ How are snoring, alarms, phone calls, lights, and sleep schedules handled?
- ☐ Are there separate rooms for day sleepers or people sitting reserve?
- ☐ Are sleep masks, fans, earplugs, and white-noise machines acceptable?
- ☐ Who handles roommate conflicts?
- ☐ Is there a trial period before a longer commitment?

06 Safety and reliability

- ☐ Can you tour in person or by live video before paying?
- ☐ Are there recent reviews or references from current residents?
- ☐ Do the address, bed arrangement, price, and condition match the listing?
- ☐ Are exterior doors and sleeping areas secured appropriately?
- ☐ Are smoke and carbon-monoxide alarms installed and working?
- ☐ Is there a written agreement covering rate, deposit, rules, and cancellation?
- ☐ Who handles repairs or an urgent problem?
- ☐ Is there a backup contact if the owner or manager is unavailable?

07 Before sending money

- ☐ Address, bed type, move-in date, cost, and exit terms are in writing.
- ☐ Listing, messages, agreement, and payment records are saved.
- ☐ The host permits a live tour and verifiable references.
- ☐ Address, photos, occupancy, and price remain consistent.
- ☐ The payment method creates a reliable record.
- ☐ Transportation details have been verified with current residents.
- ☐ Current residents say the written rules are actually enforced.

Notes and non-negotiables