

Moving Abroad: Relocation Checklist

Home

Before Departure:

- ☐ Notify your landlord or sell your property
- ☐ Cancel or transfer active utilities (gas, electric, water, garbage, internet, etc)
- ☐ Notify your renter/home insurance of your move
- ☐ Redirect your mail or set up mail forwarding.
- ☐ Inventory and pack your belongings. Decide what will move with you and what you will sell, donate, or throw away.
- ☐ Coordinate moving your belongings. Will you hire an international moving company? Do you need to ship large items?
- ☐ Arrange to sell or ship any vehicles

After Arrival:

- ☐ Secure long-term housing
- ☐ Set up utilities (gas, electric, water, internet, phone)
- ☐ Familiarize yourself with local regulations
- ☐ Unpack your belongings
- ☐ Purchase any essential items (outlet adapter, appliances, etc)
- ☐ Register your vehicle with local authorities or purchase a vehicle.

Health

Before Leaving:

- ☐ Meet with your dentist, optometrist, and general practitioner for wellness checks
- ☐ Request your health records
- ☐ Refill any prescriptions (preferably with a 90 day supply, minimum)
- ☐ Receive any vaccinations required
- ☐ Purchase international health insurance
- ☐ Consider arranging mental/emotional health support

After Arriving:

- ☐ Register with local health systems or a general practitioner
- ☐ Note local emergency phone numbers and hospitals
- ☐ Locate a pharmacy near you
- ☐ Consider local health insurance options
- ☐ Be aware of differences in food, water, and health standards.

Financial

Before Departure:

- ☐ Notify your bank of your plans to move
- ☐ Open an international bank account (or local if available)
- ☐ Determine the cost of living and set a budget for relocation
- ☐ Meet with a tax advisor (US and for your destination country)
- ☐ Manage outstanding debts in the US

After Arrival:

- ☐ Open local bank account
- ☐ Familiarize yourself with local tax regulations and filings
- ☐ Reference the relocation budget you've set and adjust as needed

Personal

Before Departure:

- ☐ Renew passport
- ☐ Apply for and confirm visa or residency permit
- ☐ Print hardcopies of important documents
- ☐ Research local culture and customs
- ☐ Begin studying the language of your new country (if you do not already know it)
- ☐ Consider joining expat and immigrant community groups

After Arrival:

- ☐ Register with immigration (if your new country requires it)
- ☐ Obtain a local ID
- ☐ Set up a phone plan
- ☐ Begin language classes (if needed)
- ☐ Get involved in local community life
- ☐ Determine if you need to receive a new driver's license in your new home country

Work

Before Departure:

- ☐ Secure local job or arrange for remote work
- ☐ Ensure your visa or residency permit allows you to work
- ☐ Connect with your US network and make connections abroad
- ☐ Confirm any professional certifications are valid in your new country

After Arrival:

- ☐ Register with local tax/ employment offices
- ☐ Confirm any local work requirements
- ☐ Research local labor laws
- ☐ Network with local professionals
- ☐ Learn about local benefit

