

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

