



Moving Abroad Checklist

Everything to research before choosing your new country.

Legal and Financial

- ☐ Research visas and residency requirements
- ☐ Confirm permission to work remotely
- ☐ Review tax obligations
- ☐ Create a banking plan
- ☐ Decide how to maintain a U.S. address
- ☐ Decide how to keep a U.S. phone number

Health and Safety

- ☐ Compare health-insurance options
- ☐ Research healthcare access
- ☐ Confirm medication legality and availability
- ☐ Review political stability and local laws
- ☐ Research natural-disaster risks
- ☐ Create or update your living will and healthcare power of attorney

Daily Life

- ☐ Calculate the realistic cost of living
- ☐ Research housing and infrastructure
- ☐ Test internet quality
- ☐ Review transportation options
- ☐ Research the year-round climate
- ☐ Consider language barriers
- ☐ Research food and dietary needs

Moving Logistics

- ☐ Compare shipping, storage, and replacement costs
- ☐ Research pet-import requirements
- ☐ Research schools if moving with children
- ☐ Plan for the time-zone difference
- ☐ Calculate the cost and difficulty of traveling home

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For informational purposes only. Requirements vary by country and individual circumstances. Always verify current information with official sources.