

# Your Guide for Moving Internationally from the U.S.

## Checklist for Moving from the U.S.



- ☐ **1. Research Your New Country**
  - a. Safety and Security Information:** Review entry/exit requirements, visas, local laws, customs, medical care, road safety, etc. Write down contact details for the nearest U.S. embassy or consulate to carry with you in case of emergency while traveling.
  - b. Health precautions:** Check out recommendations for vaccinations and other health considerations.
  - c. Money matters:** Notify your bank and credit card companies of your travel.
- ☐ **2. Get Required Documents**
  - a. Passport:** Apply several months in advance for a new passport.
  - b. Visas:** Contact the embassy of the country you are moving to.
  - c. Medications:** Some prescription drugs, including narcotics and some U.S. over-the-counter medications, are illegal in other countries. Check with the embassy of your destination about regulations and documentation before you travel.
  - d. International Driving Permit:** Many countries do not recognize a U.S. driver's license, but most accept an International Driving Permit (IDP).
- ☐ **3. Declutter**
  - a. Garage sale:** Try to do at least one garage sale to help you declutter and make extra money.
  - b. Sell on social media:** Use social media to sell more expensive products.
  - c. Donate:** Think about items that can be donated to help other families and institutions.
- ☐ **4. Choose a Moving Company**
  - a. Check for reviews:** Make sure to look for reviews and pay attention to what people say.
  - b. Compare quotes:** Get at least three detailed price quotes from the companies you liked the most.
  - c. Ask questions:** Don't be afraid to ask for clarification of even the smallest details.

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