

# International Moving Checklist

## 12 to 8 weeks before

- Research moving companies and compare quotes.
- Sort and declutter belongings room by room.
- Arrange visas, work permits, school records, and medical records.
- Decide what ships, what travels with you, and what stays behind.

## 7 to 4 weeks before

- Confirm mover, packing scope, access details, and insurance.
- Prepare customs inventory and key documents.
- Notify employer, banks, subscriptions, landlord, and utilities.
- Check destination rules for food, medication, plants, and alcohol.

## Final weeks

- Label boxes clearly and separate essentials.
- Keep passports, contracts, chargers, medication, and arrival documents with you.
- Photograph valuable or fragile items before packing.
- Review the inventory before signing collection paperwork.

## Arrival

- Register locally if required.
- Open a local bank account and arrange health insurance.
- Confirm delivery condition and report damage quickly.
- Set up local phone, utilities, pharmacy, and supermarket basics.