

TRAVELING SAVVY SENIORS

MOVING ABROAD CHECKLIST

A step-by-step relocation guide for long stays or retirement abroad

www.travelingsavvyseniors.com

BOOK NOW!

www.foratravel.com/advisor/mary-johnson

PHASE 1: Research & Planning (3–6 Months Before)

✓ Country Research

- Visa options (retirement, long-stay, digital nomad)
Determine your budget
- Healthcare system quality & expat insurance
- Cost of living comparison (housing, food, transit)
- Accessibility: sidewalks, public transport, medical centers
- Safety, senior services, English-friendly

Resource: [Numbeo](#), [Expats Exchange](#), Travel.State.Gov for American citizens

✓ Budget & Financial Prep

- Estimate moving & settling costs
- Notify Social Security / Medicare about move
- Set up international banking or Wise account
- Tax implications (U.S. tax filing abroad)

[SSA.gov - International Payments](#)

PHASE 2: Logistical Preparation (2–3 Months Before)

✓ Housing & Lifestyle

- Choose location (walkable, near healthcare)
- Book a short-term stay for arrival
- Connect with local expat or senior communities
- Secure mail forwarding or virtual mailbox
- Cancel/transfer home services & subscriptions

✓ Healthcare Prep

- Purchase long-term expat insurance
- Get a full medical check-up
- Refill meds for at least 90 days
- Ask the doctor for documentation of pre-existing conditions

[IMG Global Insurance](#), [SafetyWing Insurance](#)

PHASE 3: Ready to Move (1–2 Weeks Before)

✓ Documents to Pack

- Passport + visa/entry docs
- Vaccination card
- Power of attorney / Will copies
- Financial statements & digital backups
- List of emergency contacts

✓ Accessibility Checks

- Seat selection on plane (aisle or bulkhead)
- Mobility aid requirements (notify airline in advance)
- Arrange airport transport at destination
- Ensure housing has grab bars or easy access entry

PHASE 4: When You Get There

Upon Arrival

- Register with the local embassy or [STEP program](#)
- Visit a local healthcare provider
- Buy a local SIM or [eSIM](#)
- Settle into housing, explore the neighborhood
- Find a grocery store, pharmacy, and local clinic

[STEP Program – Smart Traveler Enrollment](#)

Bonus Tips for Seniors Moving Abroad

- Schedule buffer days to rest before exploring
- Keep a routine to help adjust emotionally
- Join community activities or language groups
- Journal your experiences and share photos!

Traveling Savvy Seniors
Turning Dreams into Destinations
www.travelingsavvyseniors.com



MOVING ABROAD CHECKLIST
BOOK YOUR NEXT TRIP HERE!
WWW.FORATRAVEL.COM/ADVISOR/MARY-JOHNSON

NOTES
