

Checklist for Moving and Retiring Abroad

Review Visa Requirements:

- Check out the Department of State's [country information page](#) to see whether you require a visa to travel or live in your destination country
- Apply for your visa online or visit your local embassy or consulate to apply

Prepare Documents:

- Passport**
 - Ensure it's valid for at least the next six months
- Medical records**
 - Information on any pre-existing health conditions
 - Immunization records
- Social Security card if you have one**
- Insurance documents**
- Bank information**
- Driver's license or international driving permits**
- Birth certificate**
- Flight information**
- Visa if required**
- Work permit if required**
- Copy of important documents**

Make Health Care Preparations:

- Check whether you [need vaccinations](#) before arriving in your destination country
 - Book any necessary vaccine appointments
- Ask your doctor to provide several months worth of prescriptions if you have pre-existing health conditions
 - Get a doctor's letter explaining your prescriptions so you can get through border security
- Do a health checkup before you leave

Plan Your Finances:

- Inform your current bank about your move
 - Set up an account you can use overseas or create a local bank account once you move
- Find out the current exchange rate
 - Get some local currency in advance
- Create a monthly budget
- Prepare to make U.S. tax payments (you have an automatic two-month extension):
 - Have your Social Security number (SSN) or individual taxpayer identification number (ITIN) ready
 - Fill out your tax return in U.S. dollars
 - Mail your tax return to the Internal Revenue Service Center or file electronically using [Free File](#)

Research Health Insurance and Health Care Costs:

- Figure out a plan for your Medicare coverage:**
 - If you want to enroll from abroad, find the [nearest U.S. embassy or consulate office](#) to your destination
 - If you want to disenroll, contact your plan provider, Medicare, or Social Security
 - If you want to keep your Medicare plan, find a method to pay for your premiums overseas
- Explore other health insurance options**
 - Research the country's health care system
 - Check the requirements to qualify for national health insurance

Find Accommodations:

- Decide whether you want to rent or buy property**
 - Book or make arrangements for accommodations ahead of time
- Contact an international moving company if plan to ship items overseas**