

MOVING OUTSIDE CANADA CHECKLIST

Moving to another country—whether for retirement, work or study—requires careful planning. This checklist outlines key things Canadians should consider before leaving Canada, including financial, health and general preparations.

Keep in mind that this is not a complete list.

[More information may be available on our Living abroad page.](#)



PRELIMINARY STEPS

- ☐ Check the [Travel Advice and Advisories page](#) for your destination country.
- ☐ Sign up for the [Registration of Canadians Abroad service](#).



ENTRY REQUIREMENTS

- ☐ Confirm whether you need a visa, and if so, apply for one. Be sure to consider multiple-entry options.
- ☐ If you are travelling with a pet, review and follow pet entry requirements.



FAMILY CONSIDERATIONS

- ☐ Research daycare and school systems (public and private).
- ☐ Understand local laws around relationships and marriage, as well as child custody and property settlement, in case of separation or divorce.



HEALTH CONSIDERATIONS

- ☐ Plan your health care. Note that your provincial or territorial health plan may expire after 6 months abroad.
- ☐ Get the required vaccinations.
- ☐ Find out the availability and cost of health care and medications in your destination country.
- ☐ Make sure your health insurance covers your needs, such as pregnancy and childbirth or medical care for older Canadians.
- ☐ If you're retiring abroad, consider setting up an agreement to allow someone to make health care decisions for you if needed. If you do so, make sure it is legal in your destination country.



FINANCIAL CONSIDERATIONS

- ☐ Evaluate the cost of living in your destination country.
- ☐ Understand the tax obligations in Canada and your destination country.
- ☐ Set up a bank account and understand how to manage Canadian accounts as a non-resident.
- ☐ Research how you can transfer money between Canadian and foreign bank accounts.
- ☐ If you're retiring outside Canada, find out if you're eligible to receive pensions and benefits.
- ☐ Consider arranging a will and a power of attorney, and ensure they're valid in your destination country.



GENERAL CONSIDERATIONS

- ☐ Update your mailing address with Canada Post or use a forwarding service.
- ☐ Assess the availability and cost of housing, including accessibility options if needed.
- ☐ If you're buying or renting a property, research the property laws in your destination country.
- ☐ Check if you need a local driver's license or how to bring your car abroad with you if needed.
- ☐ Familiarize yourself with local laws and customs around consumption of alcohol and drugs.



EMERGENCY PREPAREDNESS

- ☐ Carry an [emergency contact card](#) with the details of the 24/7 Emergency Watch and Response Centre in Ottawa. Make sure to visit our [Embassies, consulates and offices by destination](#) page to note the nearest office in your host country.