

Thailand Moving Checklist for Expats

Printable checklist to prepare your move to Thailand, including visa, budget, healthcare, and lifestyle planning.

Use this checklist to review your situation before making the move. You don't need everything in place, but the more boxes you can tick, the smoother your transition will be.

Visa and Legal Setup

- Chosen the right visa type for your situation
- Understood stay duration, extensions, and long-term options
- Checked 90-day reporting requirements
- Planned for re-entry permits if needed
- Prepared key documents before leaving your home country

Budget and Financial Planning

- Estimated your monthly cost of living in Thailand
- Calculated your relocation and setup costs
- Set aside an emergency buffer
- Decided how you will transfer and access money
- Planned your banking setup (Thai vs international)

Health Insurance and Healthcare

- Decided what type of health insurance you need
- Checked visa-related insurance requirements (if applicable)
- Considered coverage for pre-existing conditions
- Researched hospitals in your preferred location
- Planned how to handle emergencies and long-term care

Location and Lifestyle Choice

- Shortlisted 2–3 locations in Thailand
- Compared cost of living across those locations
- Considered climate, infrastructure, and accessibility
- Evaluated expat community and support options
- Matched the location with your lifestyle preferences

Housing and Daily Life Setup

- Decided on short-term vs long-term accommodation
- Understood rental process and typical requirements
- Planned internet, mobile, and utility setup
- Considered transport options (car, motorbike, public)
- Prepared for everyday logistics (shopping, services, etc.)

Lifestyle and Cultural Adaptation

- Considered how well you adapt to Thai culture
- Set realistic expectations about daily life
- Thought about social life and building connections
- Prepared for language barriers
- Reflected on long-term lifestyle fit

Personal Situation (If Applicable)

- Planned for retirement lifestyle and long-term sustainability
- Considered schooling options (if moving with children)
- Thought through relationship or partner-related logistics
- Considered support systems and community

Exit Strategy

- Set aside funds for unexpected return or relocation
- Avoided long-term commitments too early
- Defined what “not working out” would look like
- Thought through your fallback plan

If you've worked through most of these points, you're already in a strong position to make your move to Thailand with fewer surprises.

