

Practical Moving Checklist

A simple printable checklist for workers and families preparing for a move to Norway. Designed for print: white background, black text and clean boxes you can tick by hand.

Use: Print this checklist and keep one copy in your travel folder. It works as a practical pre-move overview for Norway and is designed to be easy to print and use by hand.

1. Identity and core personal documents

Collect the documents you may need repeatedly before and after arrival.

☐ **Valid passport or national ID card**

Make sure it is valid for the full travel and early settlement period.

☐ **Printed and digital copies of passport / ID**

Keep copies in cloud storage and on your phone.

☐ **Passport photos if needed**

Useful for applications or local paperwork if requested.

☐ **Birth certificate**

Especially useful for family registration or later paperwork.

☐ **Marriage certificate / divorce papers if relevant**

Bring originals if your family status may matter for immigration or registration.

☐ **Children's birth certificates and custody documents if relevant**

Important when moving with children.

2. Residence basis and immigration documents

Prepare the documents that prove your right to live and work in Norway.

☐ **Check whether you need a residence permit, EU/EEA registration, or only a move notification**

Nordic citizens, EU/EEA citizens and non-EU/EEA citizens do not follow exactly the same route.

☐ **Approved residence permit or visa documents if required**

Bring approval letters, permit cards and application references.

☐ **EU/EEA registration plan if relevant**

EU/EEA citizens generally must register with the police if staying longer than 3 months.

☐ **Documentation of basis for residence**

Employment contract, study admission, family documents or other supporting basis.

☐ **Family member documentation if moving with spouse / children**

Bring documents showing the family relationship and the main person's residence basis.

3. Work and income documents

Prepare the papers that make salary, tax and employer setup easier.

☐ **Signed employment contract or written job offer**

This is one of the most important practical documents if you are moving for work.

☐ **Employer contact details**

Save HR contact, company address, phone number and manager details.

☐ **Recent payslips or proof of income if relevant**

Useful for housing, bank or follow-up documentation.

☐ **CV, diplomas and certificates**

Bring originals or certified copies if your profession requires proof.

☐ **Professional authorisation documents if relevant**

Important for regulated professions and licensed roles.

4. Housing documents

Housing paperwork is often needed very early in Norway.

☐ **Temporary or permanent housing plan**

Know where you will stay during your first weeks.

☐ **Rental contract or housing confirmation**

Useful for registration and general settlement after arrival.

☐ **Proof of Norwegian address if available**

Bring lease, landlord statement or housing confirmation.

☐ **Consent from host if staying at someone else's address**

Useful if you are not the main tenant.

☐ **Move-in budget for deposit, rent and setup costs**

The first housing payment is often larger than a normal month later on.

5. Health and insurance documents

Bring enough information to manage healthcare before your Norwegian setup is fully active.

☐ **European Health Insurance Card if relevant**

Useful for temporary coverage if applicable.

☐ **Private travel or health insurance for the first period if needed**

Especially useful before your ordinary local healthcare position is clear.

☐ **Prescription list and medical summary if relevant**

Bring names of medicines, dosage and diagnosis information if needed.

- ☐ **Vaccination records if relevant**
Useful for children, school or healthcare follow-up.

- ☐ **Enough medicine for the first period**
Bring what you legally can, plus prescriptions and doctor notes if necessary.

6. Money, bank and tax preparation

Prepare the financial side before arrival so your first month is easier.

- ☐ **Budget for the first 1-3 months**
Include rent, deposit, food, transport, phone, furniture and unexpected costs.
- ☐ **International payment card that works abroad**
Test it before departure.
- ☐ **Some accessible funds for the first weeks**
Useful before your Norwegian bank account is ready.
- ☐ **Prepare for tax deduction card process**
Everyone who works in Norway must have a tax deduction card and a Norwegian identification number.
- ☐ **Documents for later bank account opening**
Passport, work contract, address proof and Norwegian ID number documents may be useful.

7. Family and children

Extra items to prepare if you are moving with family.

- ☐ **School records and report cards for children**
Helpful when contacting schools in Norway.
- ☐ **Childcare / kindergarten documents if relevant**
Prepare vaccination records, IDs and previous daycare information.
- ☐ **Family passports and ID copies in one folder**
Keep all family documents together digitally and on paper.
- ☐ **Translated documents if needed**
Especially useful for civil records, school records or special legal documents.

8. Travel and moving logistics

Handle the practical details before departure.

- ☐ **Travel tickets booked**
Flight, train or car route confirmed.
- ☐ **Luggage and moving plan prepared**
Know what you are bringing now and what may come later.
- ☐ **Important documents packed in hand luggage**
Never place passports, contracts or permits in checked baggage only.
- ☐ **Phone access ready for Norway**
Check roaming, SIM card options and two-factor login access.

- ☐ **Emergency contacts saved offline**
Keep key numbers available without internet access.
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9. Very early tasks after arrival

These are not 'before moving' tasks, but they are so important that they are worth keeping on the same checklist.

- ☐ **Complete residence registration / notify move according to your citizenship category**
Nordic citizens, EU/EEA citizens and non-EU citizens do not all follow the same first step.
 - ☐ **Get your Norwegian identification number process started**
This may be a D number or a national identity number depending on your situation.
 - ☐ **Apply for or confirm your tax deduction card**
This is essential for salary to be handled correctly.
 - ☐ **Attend ID check appointment if required**
Some foreign workers must attend a tax office for ID check when applying for a tax card and D number.
 - ☐ **Open a Norwegian bank account when ready**
Important for salary and everyday financial life.
 - ☐ **Check healthcare position and GP access after registration**
People registered as residents generally have a clearer everyday healthcare position.
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Printing tip: Keep one paper copy in your travel folder and one digital copy on your phone or laptop. It is often easiest to keep passports, contracts, address proof and civil documents together in one clearly labelled folder.