

Practical Moving Checklist

A simple printable checklist for workers and families preparing for a move. 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 Sweden and is designed to be easy to print and use by hand.

1. Identity and 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, ID cards 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 migration 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 Sweden.

☐ **Check which legal route applies to you before moving**

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

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

Bring decision letters, residence permit cards and application references if applicable.

☐ **Proof of right of residence if you are an EU/EEA citizen**

Employment, studies, self-sufficiency or family connection may need to be documented for population registration.

☐ **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 basis for residence.

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 documents if you are moving for work.

☐ **Employer contact details**

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

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

Useful for housing, banking or documentation questions.

☐ **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 Sweden.

☐ **Temporary or permanent housing plan**

Know where you will stay during your first weeks.

☐ **Rental contract or housing confirmation**

Useful for registration, banking and general settlement after arrival.

☐ **Proof of Swedish 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 Swedish 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 Swedish position is fully in place.

☐ **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 Swedish bank account is ready.

☐ **Prepare for employer tax and identity registration**

Your employer usually needs correct registration details so salary and tax are handled properly.

☐ **Documents for later bank account opening**

Passport, work contract, address proof and Swedish identity 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 Sweden.

☐ **Childcare / preschool 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 Sweden**

Check roaming, SIM card options and two-factor login access.

☐ **Emergency contacts saved offline**

Keep key numbers available without internet access.

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.

☐ **Notify Skatteverket of your move if you will live in Sweden for one year or more**

This is one of the most important early practical steps if you are going to stay long term.

☐ **Get listed in the Swedish Population Register when eligible**

If approved, you are registered as resident in Sweden.

☐ **Get your personal identity number when eligible**

A personnummer is central for many practical parts of life in Sweden.

☐ **Apply for a Swedish ID card when possible**

This often makes banking and other practical steps much easier.

☐ **Open a Swedish bank account and set up BankID when eligible**

This is important for salary, payments and digital everyday life.

☐ **Check your healthcare and social insurance position after registration**

Your practical access to Swedish systems becomes clearer once your residence situation is in place.

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.