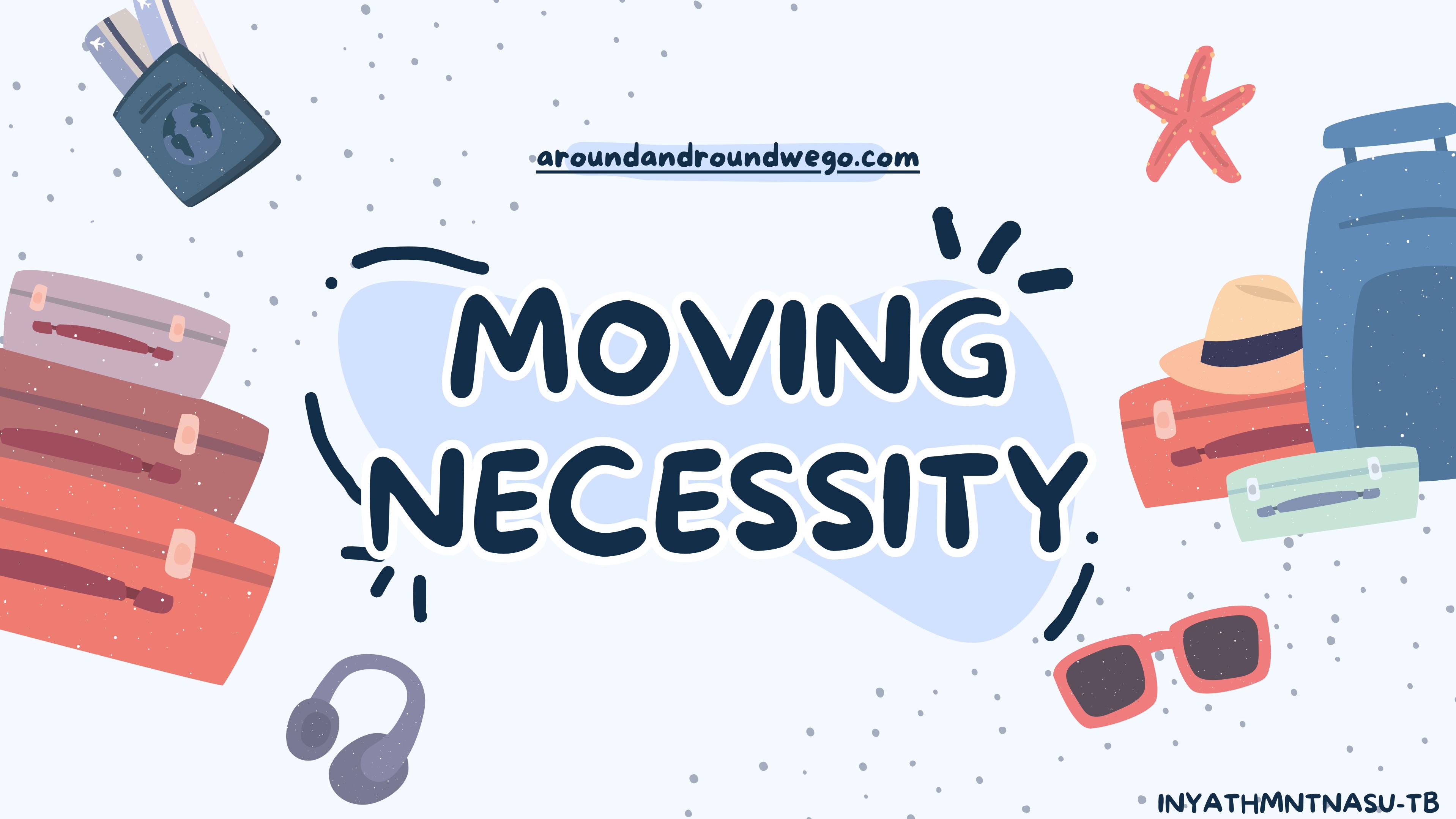


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MOVING  
NECESSITY.



# Preparing for Your Next Adventure

When you are moving abroad, you are entering into a new culture and environment. The adjustment period are hard on some more than others, so I created a few things to get from home before making your journey.

# Main Points

Preferred Hygiene/ Sanitation items

90 day minimum on medication supplies.

Clothes and Shoes (plus size)

Comfort items

Adjustment items





# Preferred hygiene items



Research the different types of hygiene products they have and make sure you carry yourself some. You can buy hygiene products once you get here, but they might not be the same strength. This includes, bar soaps, shaving materials, deodorants, hair care products,



# Medication

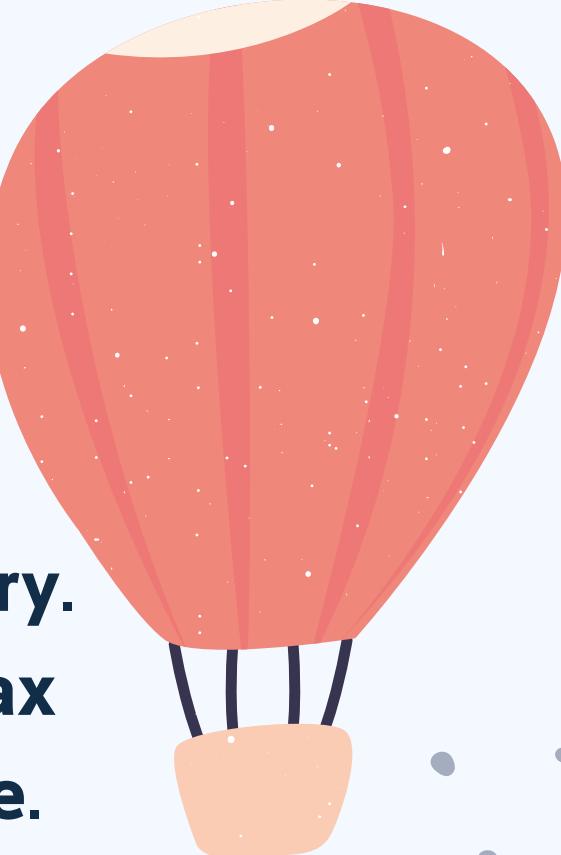
- Confirm if you can take your medication and the amount with you to the country. by emailing or look for the destination's embassy. I recommend getting the max amount of medication you can legally take and what your doctor will prescribe. This will give you time to look for doctors or plan how to get your prescription from abroad.

Prescribe Medication

Pain reliever/fever reducer

Allergy relief

Supplements



INYATHMNTNASU-TB

# Prepared essential supplies

## –Clothes, Shoes, makeup and accessories–

When you wear plus size clothes or wide fit shoes, your chances of finding clothes

- online and in-person can significantly decrease depending on the country.
- Sometimes, once you find them, they aren't your style. This goes for cosmetics, wigs, and hair care products. I recommend bring what you want, even if you need to pay extra for the suitcase. It took me over 6 months to find things similar to what I need.

Stuff 01

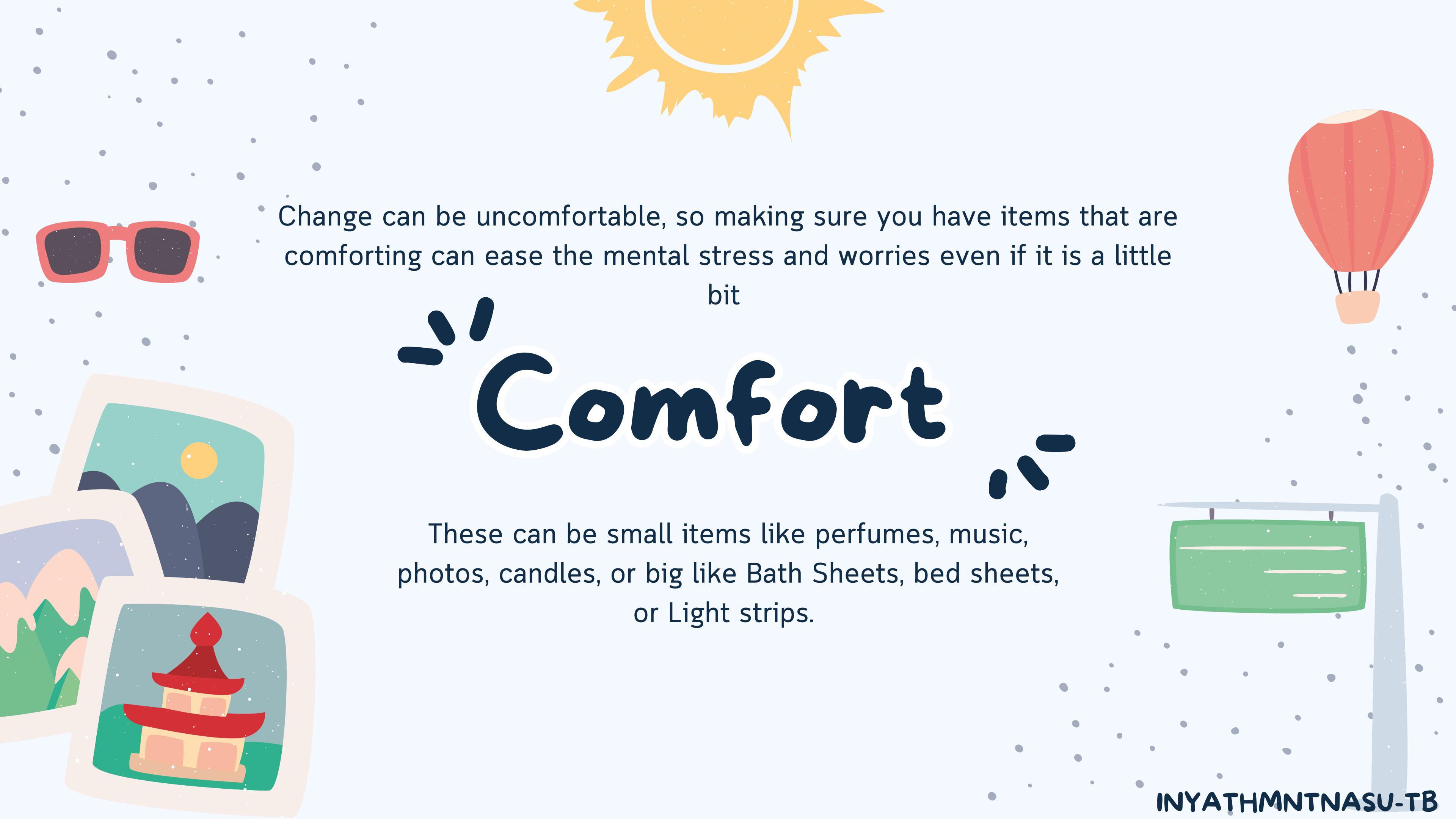


Stuff 02



Stuff 03





# “Comfort”

- Change can be uncomfortable, so making sure you have items that are comforting can ease the mental stress and worries even if it is a little bit

These can be small items like perfumes, music, photos, candles, or big like Bath Sheets, bed sheets, or Light strips.



# Adjustment Products



**These are items to help you in the time of transitioning from one area to the other. They are different from comfort items because they are items that you could decrease using as you become more acquainted with your new home.**



Cooking - Home Spices packets  
Food - Small Snacks  
Bathroom - Loofa  
Bedroom - Essential oils



Thank you for  
your attention