RESTED / LONGER-STAY PLANNING

Before a longer stay: departure checklist

1. Make home responsibilities visible

Use this privately, on paper or in your own notes. Agree an owner, next action and date for each area. There is nothing to submit.

Planning date: _____ Final review date: _____

Travel documents and entry requirements

Check current official requirements for your route, nationality and length of stay.

Owner / next action: _____ Due / done: _____

Home and property arrangements

Agree security, maintenance, insurance conditions and who can respond.

Owner / next action: _____ Due / done: _____

Care responsibilities

Arrange pets, plants and any other responsibilities that continue at home.

Owner / next action: _____ Due / done: _____

Mail and payments

Decide what needs attention, how bills will be paid and who can help.

Owner / next action: _____ Due / done: _____

Do not write passwords, recovery codes, account numbers, booking references or medical identifiers on this checklist.

2. Check access and your fallback plan

Account access and recovery

Test essential access before departure. Keep recovery details separately.

Owner / next action: _____ Due / done: _____

Care, medication and travel insurance

Check arrangements for the actual stay and any individual requirements.

Owner / next action: _____ Due / done: _____

Offline essentials and trusted contacts

Keep needed information accessible if your phone or internet is unavailable.

Owner / next action: _____ Due / done: _____

Return journey and an early-return plan

Know what you would do if the trip needs to end sooner than expected.

Owner / next action: _____ Due / done: _____

Most important unresolved arrangement: _____

Use current official requirements and your own policy terms. This is a planning aid, not a complete legal, insurance or medical checklist.

Companion guide: rested.fyi / before a longer stay abroad