

# Your First 72 Hours Abroad

*A practical arrival checklist for a comfortable temporary home.*

The goal is not to explore everything. It is to make ordinary life work. Use these checks as a menu, adjusting for your destination, mobility, health needs, and actual booking.

## **FIRST 3 HOURS      Get inside. Connect. Eat. Sleep.**

- ☐ Enter the correct unit, confirm door locks and access instructions, and identify the host or manager contact method.
- ☐ Test essentials: water and hot water, power, heating or cooling when relevant, bed, and connectivity.
- ☐ Photograph and report significant existing damage or material problems using the booking provider current process.
- ☐ Connect your phone, charge what you need, drink water, and arrange an easy meal or breakfast supplies.
- ☐ Keep the first evening simple. A tired arrival is not a fair test of the whole stay.

## **FIRST 24 HOURS      Establish dependable basics.**

- ☐ Find the grocery store you will actually use; notice hills, crossings, heat, stairs, and the return trip with bags.
- ☐ Locate a pharmacy and identify where you would begin for ordinary medical care and urgent help.
- ☐ Learn one practical transit or driving route for a real errand, not only for sightseeing.
- ☐ Verify your usable payment methods and the backup you can access if your phone or wallet is lost.
- ☐ Check whether any unresolved accommodation problem requires follow-up.

## **FIRST 72 HOURS      Solve the repeating systems.**

- ☐ Test laundry, kitchen basics, food storage, waste disposal, and the household items you will use repeatedly.
- ☐ Practice the trips you expect to repeat: grocery run, exercise, cafe or restaurant, transit, and essential services.
- ☐ Confirm phone service, navigation, and necessary account access work independently enough to survive a routine failure.
- ☐ Find a workable activity or exercise option. Choose good-enough defaults; favorites can emerge later.
- ☐ Do one ordinary-life rehearsal: shop, cook if planned, move around the neighborhood, and spend an uneventful evening at home.

## **END OF WEEK ONE      Let setup fade.**

- ☐ What worked better than expected? \_\_\_\_\_
- ☐ What caused repeated friction? \_\_\_\_\_
- ☐ One small change that would make next week easier: \_\_\_\_\_

General information only - not individualized legal, immigration, medical, or insurance advice. Verify current requirements and provider terms for your circumstances. For the full system, see The Slow Nomad Handbook. Planner status: [SlowNomadGuides.com/90days](https://SlowNomadGuides.com/90days).