

Moving from the UK to Jamaica — 30-Day Checklist

Use this practical list to prep your move. Rules change — verify with PICA & the Ministry of Labour. Last updated: October 07, 2025

Before You Fly (30–14 days)

- ☐ Passport valid (6+ months); return/onward ticket; 6+ passport photos
- ☐ Collect originals & certified copies: birth/marriage, degree/pro quals
- ☐ Digital scans in cloud/USB; print a slim paper pack
- ☐ UK bank: travel notice, online banking, reference letter
- ☐ Choose status: visitor→extension, work permit (employer sponsors), PR route (retiree/employment/marriage)
- ☐ Evidence of funds & accommodation booking/letter with your name & local address
- ☐ UK police certificate (if seeking work/PR); medical summaries & prescriptions
- ☐ Travel/medical insurance incl. evacuation; check vaccinations
- ☐ School docs (if applicable); transcripts, immunisations, admissions
- ☐ Pets: permits with Veterinary Services Division; vaccines & airline booking
- ☐ Shipping: inventory; compare quotes; decide ship vs rebuy
- ☐ Driving: no-claims letter; bring UK licence; car plan
- ☐ Tax planning: UK↔Jamaica double-taxation; book advice if needed

Final Prep (14–0 days)

- ☐ Print paper pack; double-check digital backups
- ☐ Book: TRN office, bank account, PICA/Ministry appointments
- ☐ Cash/card plan: small GBP/USD + two cards; notify banks
- ☐ SIM plan: pick local carrier; pack unlocked phone
- ☐ Confirm airport transfer & first-week lodging
- ☐ Share itinerary/emergency contacts with family
- ☐ Carry-on: passport, ticket, funds proof, accommodation letter, bank letter, work/retiree docs, meds
- ☐ Basic kit: power bank, small torch, adapters

Travel Day

- ☐ Immigration card ready; know length/purpose of stay
- ☐ Keep docs handy for questions
- ☐ Offline map to lodging; local SIM ready

Days 1–7 (On the ground)

- ☐ Apply for TRN (bring passport)
- ☐ Get local SIM & data; check home internet options
- ☐ Open bank account (passport, TRN, proof of address—short-let letter if needed)
- ☐ Register with GP/clinic; locate nearest A&E/private hospital
- ☐ Start work-permit or PR file (medical, police certs, references, photos)
- ☐ View rentals; check water tank, backup power, security, flood risk, commute

Days 8–30 (Settle & secure)

- ☐ Sign 6–12 month lease; switch utilities to your name
- ☐ Install internet; arrange backup power/water; build storm kit
- ☐ Convert UK licence if staying long-term; compare insurance; if buying, verify parts/service
- ☐ Safety habits: alarms/locks; avoid display of valuables; duplicate IDs
- ☐ Budget check: imports & electricity; set monthly trackers
- ☐ Schools: enrolment and transport routines
- ☐ Community: meet neighbours; join groups/church/gym
- ☐ Calendar follow-ups with PICA/Ministry; track permit/extension dates

Quick Packing Shortlist (carry-on)

- ☐ Passport & return/onward ticket; printed itinerary
- ☐ Civil records, UK police cert (if relevant), bank reference letter, recent statements
- ☐ Prescription meds & written list; glasses/contacts
- ☐ Phone with scans of all docs; power bank; universal adapter
- ☐ 2x cards kept separate; small cash (GBP/USD)

Moving from the UK to Jamaica — 30-Day Checklist (cont.)

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Key Contacts (fill in)

- ☐ PICA office & appointment ref: _____
- ☐ Ministry of Labour (work permit): _____
- ☐ Tax Administration Jamaica (TRN): _____
- ☐ Nearest public/private hospital: _____ / _____
- ☐ UK bank contact / local bank branch: _____ / _____
- ☐ Trusted taxi/driver: _____