

THE STEPS TO TAKE AND HOOPS TO JUMP THROUGH TO BECOME A CONSTANT TRAVELER.

# 5 Essential Steps To Prepare You For Nomad Life

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# nomad

/NOH-MAD/

## **noun**

1. a member of a people or tribe that has no permanent abode but moves about from place to place, usually seasonally and often following a traditional route or circuit according to the state of the pasturage or food supply.
2. any wanderer; itinerant.

— DICTIONARY.COM

# Introduction

If you want to explore the world, especially on a budget, being nomadic is a great way to do it. But how do you transition from being a rent-paying or home owning citizen with a permanent address to a person who doesn't stay in one place longer than a month or two? What do you do with your stuff? Your Car? Your mail?

This guide won't help you build a digital nomad business or tell you how to make money as a nomad, but it will guide you through five essential steps that will make becoming nomadic a lot simpler.

First you'll discover the kinds of documentation you should be thinking about, and some pitfalls that you'll want to avoid with visas and passports.

Next, you'll develop strategies to handle inescapable paperwork like mail.

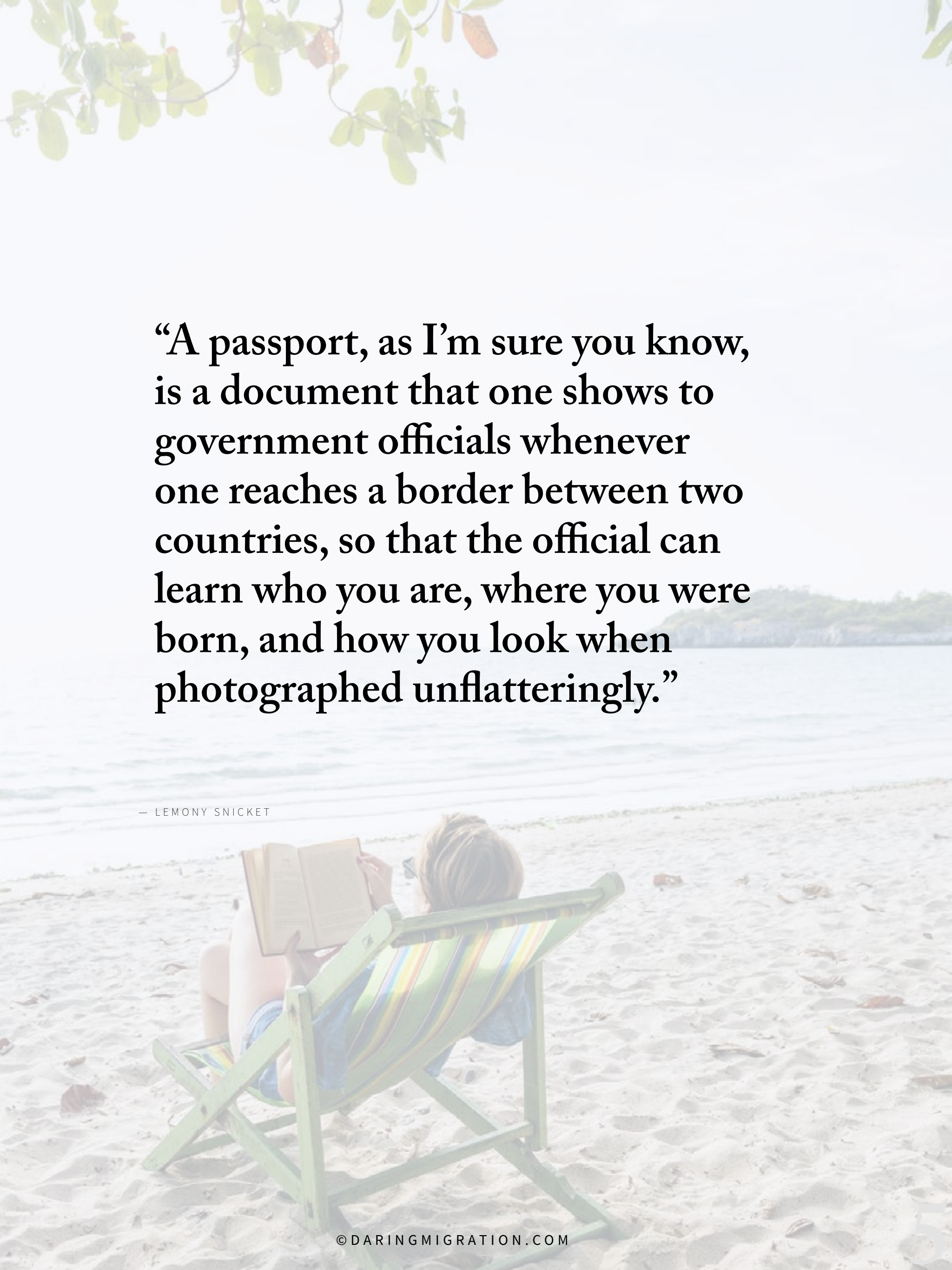
Then you'll learn a few tips on how to pack for your journey, and what to do with seasonal gear.

You'll learn my biggest tip for keeping a storage unit organized, and get some ideas on what to do with your car.

Last but not least, you'll take a moment to think about your health, including how you'll stay healthy in airports, and getting your mental game in order.

At this point, you should be feeling a lot more confident in becoming a nomad.

Ready to get started? Let's go!

A person with long hair is sitting in a green wooden beach chair with a colorful striped cushion on a sandy beach. They are reading a book. The background shows the ocean waves and a distant shoreline under a bright sky. Some green leaves are visible in the top left corner.

**“A passport, as I’m sure you know, is a document that one shows to government officials whenever one reaches a border between two countries, so that the official can learn who you are, where you were born, and how you look when photographed unflatteringly.”**

— LEMONY SNICKET

# Step One: Travel Documents

Applications, renewals, appeals - basically all of this governmental paperwork - can take a long time to process. While applications are being processed you can move on with other steps, but get these things started first so you're not scrambling to get them done later.

You'll want to

- check your passport status
- check visa requirements for your destination
- get an international drivers permit
- apply for Global Entry or similar trusted traveler programs

## **P A S S P O R T S**

You can't travel internationally without your passport, so make sure you have one and it's not going to expire anytime soon.

Some countries won't let you in if your passport is going to expire within the next 6 months, so make sure you've got plenty of time left on yours. Just to be extra sure, it's a good idea to search for the passport requirements of the countries you're planning on visiting.

Bottom line, if you don't have a passport, get one. And if you don't have more than six months left on your passport now is the time to renew.

## VISAS

It's also a good time to look into the Visa requirements for your destinations. Tony and I thought Thailand would give us a 90 day visa exemption on arrival. Turns out we only got 30 days (totally my fault - sorry Tony!), and we had to scramble to figure out how to extend our stay. In fact, we almost weren't allowed to get on the plane from Japan to Thailand when airline staff saw we would be staying beyond the 30 day limit.

Don't be like us. Know before you go. Every country has its own visa options and requirements, and applying for visas can take a while. Start looking into how you'll handle visas now so you aren't rushed.

## INTERNATIONAL DRIVERS PERMIT

If you want to drive while you're traveling out of country, you'll probably need an international driver's permit. They're supposed to be pretty easy to apply for but its a good idea to start the process with plenty of time to spare, just in case.

Remember to check on requirements in your destinations to make sure your license will be valid for what you want to use it for. For example, if you have a regular drivers license for a car, you might not be able to use it to drive a motorcycle in some countries even with your international permit.

Unfortunately just because other people do it, or the people at the rental shop let you rent the bike doesn't mean it's legal. That's important to consider since your travel insurance (more on that later) might not cover an accident if you're driving illegally.

Check the laws in your destination now so you're not surprised if you get pulled over or need your insurance to cover you.

## TRUSTED TRAVELER PROGRAMS

As a nomad you'll be going through airport lines a lot more often, and anything that gets you through lines faster is like gold. That's why the last bit of documentation you'll want to look into is [Global Entry](#) or similar Trusted Traveler programs.

In the US, Global Entry gets you TSA Pre-Check as well as faster processing through immigration lines when entering the United States. For citizens of other countries, look for your home's equivalent trusted traveler programs.

Here's a list of trusted traveler programs in other countries that promise to get you through security lines quickly, sometimes with other perks. Many of these programs are also open to US citizens.

This isn't a complete list, so make sure to check if your country offers any programs like this.

- Australia has [SmartGate](#)
- Canada has [Canpass Air](#)
- Germany has [EasyPASS](#)
- Hong Kong has [eChannel Access](#)
- Japan has [Japan Trusted Traveler](#)
- Korea has [Smart Entry Service](#)
- Mexico has [Viajero Confiable](#)
- Netherlands has [Privium](#)
- New Zealand honors [Global Entry](#)
- Panama has [Global Pass](#)
- Singapore has [Trusted Traveler Program](#)
- The United Kingdom has [Registered Traveler](#)

Trusted traveler programs can take a while to apply for, and they might require scheduling an in-person interview. Depending on your location it might take months to get an appointment for your Global Entry interview so make sure to start this process as soon as you can.



**“They heard the click of the mail slot  
and flop of letters on the doormat.**

**‘Get the mail, Dudley,’ said Uncle  
Vernon from behind his paper.**

**‘Make Harry get it.’**

**‘Get the mail, Harry.’**

**‘Make Dudley get it.’**

**‘Poke him with your Smelting stick,  
Dudley.’”**

— J.K. ROWLING, HARRY POTTER AND THE SORCERER’S STONE

## Step Two: Paperwork

Unfortunately there's a lot of paperwork in life that's unavoidable. Just because you're a nomad doesn't mean you get out of filing taxes, and there's still mail that has to be dealt with.

Before you do anything else, make sure that you have a plan for handling your paperwork. You don't want to be half way around the world only to realize all of the documents you need to renew your car registration are in some unlabeled box in Mississippi.

You'll want to

- scan/digitize important documents
- get a mail receiving system set up and tested

### **DIGITIZING DOCUMENTS**

Will you have to file taxes, handle paper bills, or receive paper checks while you're abroad?

Make a list of all of the responsibilities you have at home that require official documents or obscure information. Then decide how you'll handle those responsibilities while you're wandering the globe. Can you fill out forms online to renew services? Can you mail in forms from your destination? Or will you have to get a friend to fill them out in person?

If you need any documents or information to handle these responsibilities, make them easily accessible to yourself or the person who will handle these things for you.

For example, we thought we would have to renew the registration on our car while we were abroad. I confirmed it was possible to renew online, and I looked up the requirements. I needed the VIN, license plate, and insurance policy number, so I took pictures of those things and stored them in Evernote.

We need to file taxes this year, so we used our high-speed scanner to make digital copies of previous tax returns and any documents we would need to complete this year's forms. Those scans are all organized on a laptop so filing our taxes should be easy. Well, as easy as filing taxes can be.

You might also want to make digital copies of identifying documents like your drivers license, or passport. Whatever documents you need, just make sure you have a plan for digitizing them before you start packing.

## **MAIL**

The last bit of paper you can't escape is paper mail. Though the vast majority is junk, I still occasionally get mail that's actually important.

We used to ask family to receive our mail for a couple of weeks at a time when we traveled. In those cases we would set up temporary mail forwarding with the US Post Office and have our mail sent to the lucky family member.

This strategy works, but not without issues. Once our mail carrier tried to start forwarding our mail a week before our start date. Lots of people use mail forwarding without a problem though, so your mileage may vary.

Another thing to consider is that this relatively small favor adds up to a big one in the long term. Your family has to ask what they should do with every item, get in touch with you when anything comes in that "looks important", and find a space to store all of your mail. And if you do need them to forward your mail to you, they have to shell out for shipping.

That's why we decided to try a different strategy when we became nomadic: a mail receiving, scanning, and forwarding service.

We chose [Traveling Mailbox](#) because it's the most cost effective option we found in the US. Traveling Mailbox gives us a UPS mailbox to use as our new mailing address, and they receive and scan envelopes that are sent to it. We can check

our mail online from their dashboard, and ask them to open and scan, forward, or shred the mail for us. It's worked pretty well so far and it's a solution worth considering if you get important mail.

If you decide to go with a service, it's a good idea to start using it before you leave town. We're super glad we did. Traveling Mailbox offers mail in check deposit, and we experimented with it twice with \$1 checks before we left the US. Both times the bank failed to deposit the check. Since we knew first hand that mail-in deposit wouldn't work with our bank, we came up with other strategies to deal with paper checks.

That's exactly the kind of thing you want to know about before you hit the road.



**“I want to carry luggage that reeks  
of the neurons in Einstein’s brain.”**

— TOM ROBBINS, WILD DUCKS FLYING BACKWARD

## Step Three: Luggage

The last step before packing up your home and putting stuff in storage is choosing what you'll travel with. Lets face it, you're going to have a lot going on. If you don't set the things you want to take with you aside, you might accidentally pack it into your storage boxes. Don't wait till the last minute. Plan what you're packing now to avoid potentially stressful mistakes.

You'll want to

- choose what to travel with
- come up with a plan for seasonal wardrobe issues

### CHOOSE WHAT TO TRAVEL WITH

For me, traveling with less is better. The more stuff I have the more stressed out I get. For other people it's the exact opposite. I can't tell you what you should pack, but I can offer a few suggestions for helping you think about your choices.

For help choosing clothes I like to use Pinterest. I look for travel outfits and capsule wardrobe ideas since the concepts are similar. With both, you're trying to choose pieces that can be mixed and matched with lots of other things in your wardrobe. This strategy maximizes your outfit options with minimal clothing.

For other items, consider whether they're available in the countries you're traveling to and whether it's worth the space in your luggage to take them. For example, I can get shampoo just about anywhere and I have no special attachment to any brand so I just get it when I get there. But I have a harder time finding ColdEeze (for preventing colds) so I bring that with me.

Before you finish your packing list, take a look at any electronics or travel gadgets you might need and consider where you should buy them. For example, I live in the US where Amazon offers shockingly inexpensive electronics. So it makes sense to get my power adapters or spare camera batteries before I leave the US. If on the other hand you're in a country where these things are expensive, you might consider checking their price in your destination before you stock up at home.

## DEALING WITH SEASONAL WARDROBES

How will you handle seasonal changes while you're traveling?

For example, if you're traveling mainly through SouthEast Asia but making occasional trips back to your chilly home country, will you drag your coat with you as you travel? Or will you store it somewhere so it's waiting for you when you get home?

If you plan to experience all four seasons while you travel, how will you handle four seasons of clothing?

There are lots of ways you could address these problems.

- You could pack a bag of winter gear that a friend or family member can ship to you when you need it. Then you could ship it back to them when you're headed back out to warm weather.
- You could take all of the clothes you'll need with you all of the time
- You could even use a clothing valet service like Dufl to store and ship your clothing directly to your destination.

I'm going to try [Dufl](#) this year. Clothing you send to Dufl is cleaned, photographed, and stored. When you're ready for a delivery of clothing, you pick out what you want through their app, then they pack it up and send it to you wherever you are. When you're done with those items, you re-pack them and ship them back. Each round trip for your clothes costs \$99 at the time of writing, and clothing storage is \$10 a month. It's not exactly cheap, but it does seem pretty convenient.

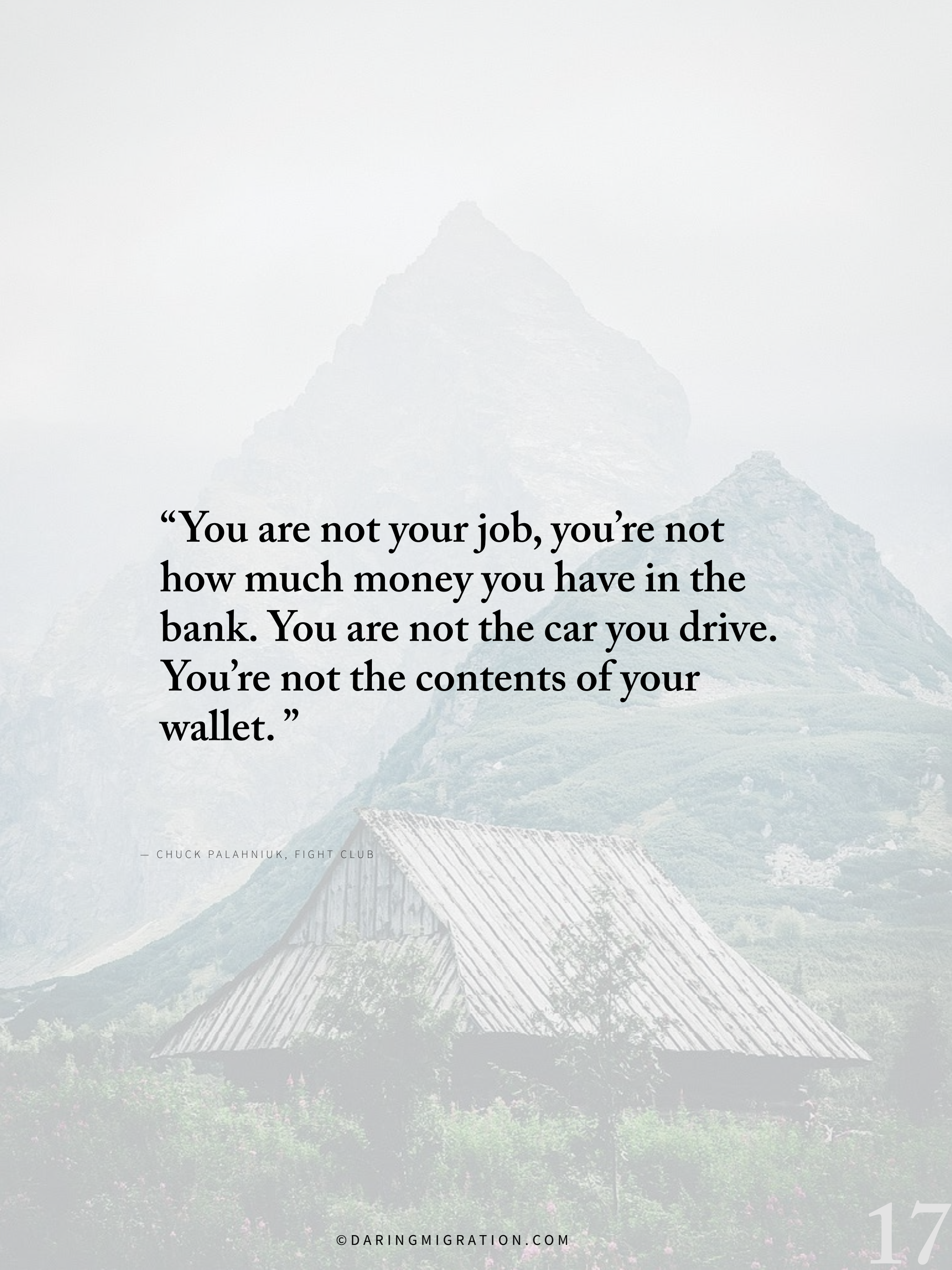
If you don't want to use a service, I think you could rig up a similar system with the help of a trusted family member or friend.

Pack a bag of winter gear ahead of time, weigh and measure the bag, and make note of the dimensions. Later you can use that information to pay for a pre-paid shipping label online. Then your friend just has to print it out, tape it to the bag, and drop it off at the post office. When you're done with the clothes, you can launder and re-pack them, make note of any weight change (so you can re-ship the bag to yourself later!), and ship it back to your friend.

Seat Guru has a great [comparison of luggage shipping services](#) that would work for this purpose. Although these services are meant to be used round trip for shorter stays, there's nothing stopping you from using one for your seasonal wardrobe.

Whatever you decide, now is a good time to think about the issue so you don't put clothing that you might need later in deep storage.



A misty mountain landscape with a wooden cabin in the foreground. The cabin has a steep, gabled roof made of weathered wood. The background features jagged mountain peaks shrouded in a light mist or fog. The overall tone is soft and atmospheric.

**“You are not your job, you’re not  
how much money you have in the  
bank. You are not the car you drive.  
You’re not the contents of your  
wallet.”**

— CHUCK PALAHNIUK, FIGHT CLUB

## Step Four: Storage

When we went nomad, we decided it wasn't worth the cost of rent in Austin, TX just to house our furniture. So we broke our lease, packed our stuff, and put it in a storage unit in Mississippi.

Another reason we decided to move everything to a storage unit was that we plan on permanently moving once our year of living nomadically is over. So it made sense to have things all packed and ready to ship to our new home when the time comes.

If you've decided to keep your home you might consider having a friend sub-lease from you to help keep your overhead down. In this case you wouldn't have to pack and store your stuff, but you still might want to pack some of it. If there's anything particularly valuable or fragile, or otherwise not OK for your friend to use, it might be a good idea to box it up and put it out of the way somewhere.

If you don't plan on storing any of your worldly possessions, you can probably skip this step. But if you're like us and you're going whole hog into the nomad lifestyle, read on.

You don't have to rent a unit just yet, but it's a good idea to figure out where it will be and how you will access it when you're "back home".

You'll want to

- Kon Mari before packing
- pack, organize, and inventory your stuff
- pick a unit
- think about what to do with your car

## **KON MARI BEFORE PACKING**

Ever heard of “The Life Changing Magic of Tidying Up”? It’s a book by a woman named Mari Kondo (hence, the Kon Mari method) with a wonderful technique for letting go of all of the possessions that cause clutter in your life. We loved this book, and did a round of Kon Mari style decluttering before we started packing.

You might say “hey wait, it’s a lot of work to go through all of your stuff to declutter it, then go through all of it again to pack it”. And you would be right. But we didn’t want to pack, pay to store, and unpack a bunch of stuff we don’t really want. It was extra work, but to us it was worth it.

I recommend you at least consider doing some systematic purging before you start packing.

## **PACK, ORGANIZE, AND INVENTORY**

As you pack, I would also suggest keeping an inventory of your boxes and their contents. I know, it’s more extra work, but this is another one that really pays off. In fact, it’s already paid off for us.

Each of our boxes is numbered and labeled by series. For example the kitchen boxes might be the 100’s series, so the first kitchen box is 101, the second kitchen box is 102, and so on.

All of the boxes have their basic contents written on the box itself, but it’s also written in more detail in a notepad organized by box number.

I took pictures as we loaded the unit so I know where all of the boxes are. The stuff we are least likely to need (like home decor, and kitchen appliances) got put in the back. Things we were more likely to want to access (like important documents, and office equipment) got put near the front of the unit.

All of the inventory information I so meticulously collected is super easy to access. The inventory notepad lives at the very front of our storage unit because that’s where I’ll need it. The photos of boxes are all in an album on my phone.

Now when we need to find something in the storage unit I can consult my inventory and find the box number that the item is in. Then I look at the photos to see where in the storage unit that box is. Instead of digging through a whole

bunch of boxes and trying to read the contents off of each box, I can go directly to the box I need, open it, and get my stuff out. Pretty sweet, huh?

## PICK A UNIT

Did you notice when I said we moved our stuff from Austin, TX to Somewhere-in-the-middle-of-nowhere, Mississippi? It's not as random as it sounds. We have family in Mississippi that we want to visit at least once a year, but we don't have family in Austin. It made sense to choose a storage unit near our family because we know we'll have reasons to go there anyway. Plus, that area of Mississippi has relatively inexpensive storage options. Bonus!

If you have family in an area that has lower rents, it's worth considering choosing a unit near them.

As for picking the actual unit, there are usually climate controlled and non-climate controlled options available. We went with non-climate controlled. We didn't think it would really matter with our stuff and it was cheaper that way. If you have fine art, collectables, or anything else that could be damaged with climate changes, go for a climate controlled unit.

We chose the unit size based on an online moving calculator [like this one](#).

I recommend inspecting the actual unit before signing a contract. Take a good look at your unit for signs of damage, or anything out of the ordinary, and consider the security around the storage facility before signing anything. Don't be afraid to ask for a different unit, and if you don't like the facility, find another one! We didn't like the first unit we were shown, and asked for one with more usable space that was on higher ground. The second unit got the Kat Landreth stamp of approval.

## WHAT TO DO WITH YOUR CAR

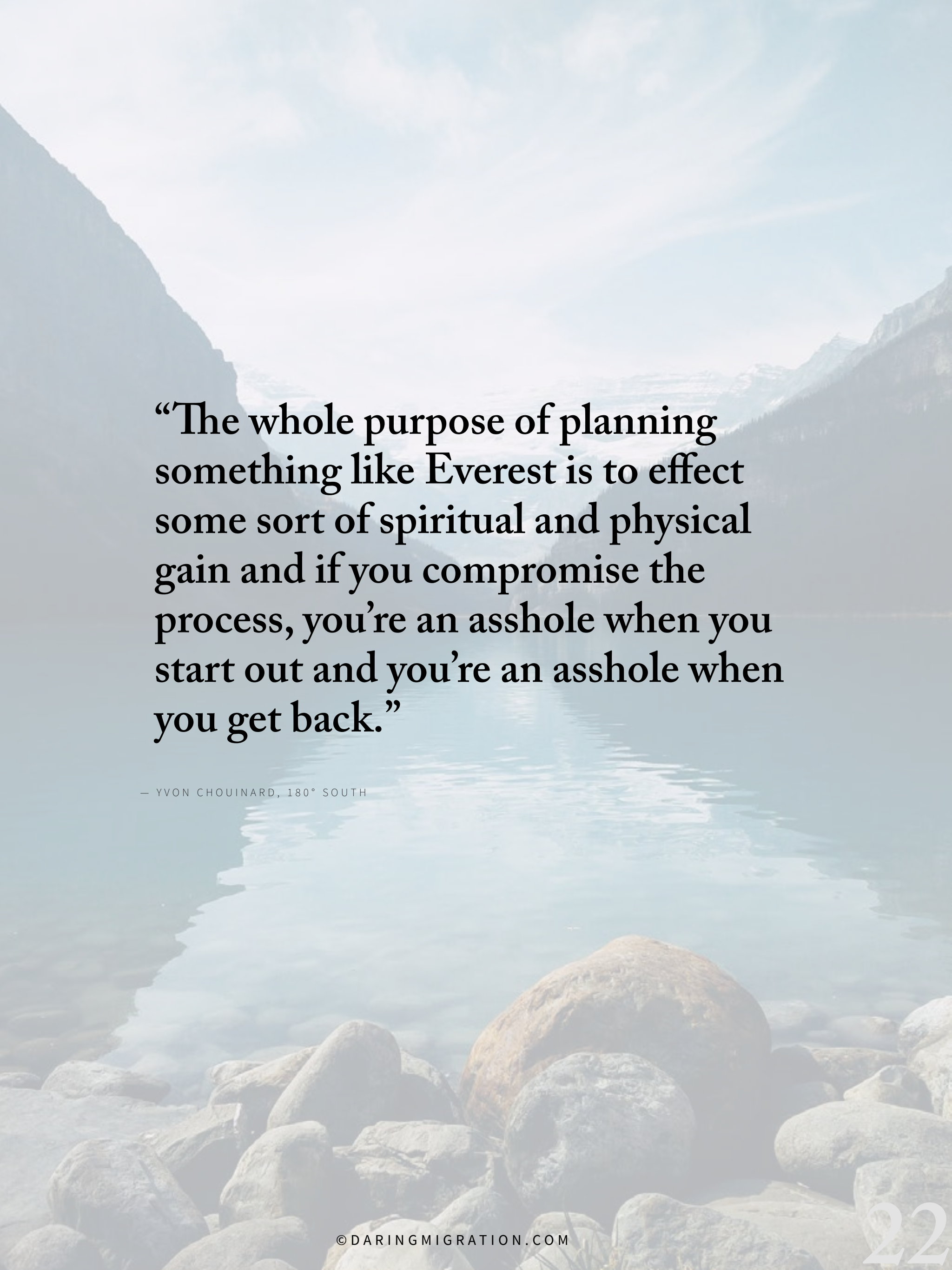
If you have a car, will you keep it or sell it? If you keep it, where will you store it? If you store it, how will you secure and maintain it?

If you decide to keep your car, storing it with family, keeping it in a storage facility, or renting someone's garage space or condo parking space are all options. Check Craigslist or your community's personal ad's site for parking space rental options.

Remember to downgrade your insurance while no one is driving the car. You should still keep coverage just in case someone else damages your vehicle somehow, but you probably won't need full coverage just to leave it parked somewhere.

We kept our car with family who live in a safe area, and they drove it up and down the driveway once a week.

But when we came back to the states for the holidays we decided to sell it. In the US we're using public transportation when it's available, and Uber or Lyft when it's not. It's not the cheapest, but we also don't have to pay for storage, gas, maintenance, or insurance.

A scenic view of a mountain valley with a river and large rocks in the foreground. The river flows through the center of the valley, reflecting the sky and the surrounding mountains. The foreground is filled with large, smooth, grey rocks. The mountains in the background are covered in green trees and have some snow on their peaks. The sky is a pale blue with some light clouds.

**“The whole purpose of planning something like Everest is to effect some sort of spiritual and physical gain and if you compromise the process, you’re an asshole when you start out and you’re an asshole when you get back.”**

— YVON CHOUINARD, 180° SOUTH

## Step Five: Health

This section can be done last since it probably doesn't require anything that you've stored or a whole lot of time before you leave. If you have prescriptions that take time to fill, make sure to leave enough time to get them.

You'll want to

- make a plan for staying healthy on planes
- refill Rx's and get contacts, glasses etc.
- get any recommended vaccines
- get travel insurance
- get your mental game in order

### STAY HEALTHY WHILE FLYING

Getting sick sucks, and it sucks even more while you're traveling. Know when you're most likely to get sick? When you're traveling. (OK, maybe not most likely, but [definitely more likely](#))

Thousands of people file through airports every day leaving coughs and colds in their wake. If you want better chances of making it off a plane with a clean bill of health, it's a good idea to have a system for avoiding exposure. Even if it makes you look like a germophobe.

I'm not a doctor, so please take the following advice as suggestions that have worked for me, or that seem reasonable to me.

We use zinc lozenges whenever we travel or feel a cold coming on. This is purely anecdotal, but I've been able to stop a cold in its tracks on multiple occasions by using ColdEeze zinc lozenges.

Zinc keeps viruses from replicating, and the idea is if you can catch it early enough you can limit the spread of the cold virus through your body.

One of the most recommended strategies for preventing a cold on planes in a women's travel Facebook group was to wear a face mask. I'm considering wearing one through airports and while on planes, if only to keep myself from touching my face. My thinking is that if I touch something that has cold virus on it, then touch my nose, wacky wham three days later I'll have a cold. But no touchy, no sicky, right?

The second most suggested strategy was bringing sanitizing wipes and wiping down EVERYTHING in and around your seat on the plane. Seat, headrest, tray table, arm rests, the works. If you kill the germs before you have a chance to breathe or touch them, they can't make you sick.

These strategies probably won't prevent all cases of the common cold, but they might increase your chances of making it off the plane healthy and happy.

## **GET RECOMMENDED VACCINES**

I will never tell you what to do with your body, but I do urge you to consider getting any recommended vaccinations.

If your government or the government of your destination recommends a vaccine, it's because they believe there is a risk of infection posed by being in that location. Even if you think you're healthy and can handle a little infection, consider the people around you. While you're contagious you could spread it to someone with a compromised immune system and they could suffer dire consequences. Vaccination can protect not only you, but everyone around you.

Your body, your choice. But please at least consider it.

## **FILL PRESCRIPTIONS, INCLUDING GLASSES OR CONTACTS**

I take prescription beta blockers when I fly, I wear daily contacts, and I sometimes wear glasses. Before I left The States, I made sure to re-up all of my prescriptions and load up on contacts.



If you take a prescription drug it is *super important* that you look into the laws surrounding that drug in the countries you're traveling to. Your prescription might be illegal in some countries, or it might be illegal to have more than a month's supply. Talk to your doctor about how to handle your prescription on the road, and it's always a good idea to have a copy of your prescription and a doctor's note explaining what you're taking and why.

For more information on traveling with a prescription, the [International Association for Medical Assistance to Travelers](#) is a good starting place.

## GET TRAVEL INSURANCE

There are lots of travel related insurance policies out there. You can get insurance for trip cancellation, medical expenses, medical evacuation, baggage loss, theft, and flight insurance among others.

A lot of policies will have some combination of the above, but it's worth considering a policy that covers most of the above.

Rick Steves has a great breakdown of the [different kinds of travel related insurance](#).

If you decide to get a travel insurance policy, read the policy carefully to understand it. Also consider any specific activities you'll be doing like riding motorcycles, or doing extreme sports.

Are there any clauses that would keep them from paying if you had an accident?

For example, your travelers insurance might cover car and motorcycle accidents. But if you aren't licensed to drive a motorcycle in Thailand and you get into an accident driving one, you might not be covered. Each provider and policy is different, so it's best to contact the insurance company for details.

As for extreme sports, World Nomads travel insurance (the insurance Tony and I have) has a [useful list of the kinds of activities they cover](#) under different plans. Other travel insurance providers will have their own restrictions.

If you're planning on something potentially dangerous like white water rafting or

cliff jumping, definitely check that your policy will cover any mishaps related to that activity.

The last thing to consider is whether your credit card companies offers any compensation for cancelled flights or theft while you're traveling. I wouldn't use it as my only travel insurance since they probably don't cover medical expenses or collisions, but if your credit card company offers you additional compensation for theft or cancelled travel arrangements, there's no harm in accepting it.

## **GET YOUR MENTAL GAME IN ORDER**

Know that old saying about travel changing you? Guess what. It's totally wrong.

Think of all of the people who travel for business or to travel on vacation and come back the exact same person. Just purchasing a plane ticket won't make you a different person.

It's totally OK if don't expect a transformative experience when you travel. But if you want your time as a nomad to be life altering, it's worth taking a little time before your trip to do some mental housekeeping.

Asking yourself questions like, "who am I, and who do I want to be?" is a great first step. I can be kind of uptight, but I wish I was a more laid back person. When I travel without attending to this, I get stressed out really easily.

I might get frustrated by showering in the middle of the bathroom on slippery tile in Thailand. How can people live like that?! But when I think about the person I want to be and how I can become that person through travel, I become more accepting and less anxious. Sure the tile is slippery, but I can put on my shower shoes and move on with life. NBD. Plus it's weirdly delightful to shower like that.

You don't have to have the same goals as me. But whatever your mental goals it's worth considering how you'll use travel to achieve them.

You might also want to take some time to think about how you'll deal with the stress of constant travel itself. Moving every month or two, leaving new friends behind, and constantly running up against new cultural expectations can be stressful. It's not a bad idea to have a plan in place for how you'll handle that stress.

You might take up meditation or exercise to clear your mind and get some endorphins going. Or you might develop systems for reducing stressful encounters in the first place. Maybe you research all of your destinations before hand so you know what to expect. Or maybe you decide to cycle through the same three locations so you can come back to visit friends.

Whatever you do, just know that it's normal for nomadic life to get frustrating sometimes. It's not all Instagram perfect. But it is an amazing experience that can be life altering if you let it.

For a great overview of how to mentally prepare yourself check out [The Longest Way Home](#).



# bon voyage

/BON VOY·AGE/

**noun**

farewell —often used interjectionally

— MERRIAM-WEBSTER.COM

# Conclusion

I'm so excited for your journey, and I hope this roadmap has made your planning process a little less stressful.

Doing a little leg work ahead of time - like figuring out how you'll renew your car registration, or how you'll deal with your seasonal gear - will make being a nomad so much easier in the long run.

Sure, you might decide to switch systems eventually. This is another part of the nomad journey where everyone has to find their own path. But if you start off with systems that make sense, you'll be a lot less likely to make irreversible mistakes, or get so frustrated you give up.

To make planning just a little bit easier, I've included a resources list at the end of this book. All of the links from each section are there so you have easy access to them whenever you're ready to take a step.

Being a nomad isn't the easiest thing I've ever done, but it's already been one of the most exciting and rewarding. I hope your new adventure is all that you dreamed it would be.

Bon Voyage!

*Kat*

## Trusted Traveler Programs

- **Australia** SmartGate <https://www.homeaffairs.gov.au/Trav/Ente/GoIn/Arrival/Smartgateor-ePassport>
- **Canada** Canpass Air [http://www.cbsa-asfc.gc.ca/prog/canpass/canpassair-eng.html#\\_s1](http://www.cbsa-asfc.gc.ca/prog/canpass/canpassair-eng.html#_s1)
- **Germany** EasyPASS [https://www.easypass.de/EasyPass/EN/What\\_is\\_EasyPASS/home\\_node.html](https://www.easypass.de/EasyPass/EN/What_is_EasyPASS/home_node.html)
- **Hong Kong** eChannel Access <https://www.gov.hk/en/nonresidents/visarequire/echannel/index.htm>
- **Japan** Japan Trusted Traveler <http://www.immi-moj.go.jp/ttp2/en/index.html>
- **Korea** Smart Entry Service [https://www.ses.go.kr/ses/SesInfoR\\_en.ses](https://www.ses.go.kr/ses/SesInfoR_en.ses)
- **Mexico** Viajero Confiable <https://www.gob.mx/inm/acciones-y-programas/programa-viajero-confiable>
- **Netherlands** Privium <https://www.schiphol.nl/en/privium/>
- **New Zealand** honors Global Entry <https://www.cbp.gov/travel/trusted-traveler-programs/global-entry>
- **Panama** Global Pass <http://www.panamaglobalpass.gob.pa/index.php>
- **Singapore** Trusted Traveler Program <https://ltpass.ica.gov.sg/ttp/>
- **United Kingdom** Registered Traveler <https://www.gov.uk/registered-traveller>
- **United States** Global Entry: <https://www.cbp.gov/travel/trusted-traveler-programs/global-entry>

## Mail Forwarding Service

- **Traveling Mailbox** <https://travelingmailbox.com>

## Clothing Storage and Shipping

- **Dufl** <https://www.dufl.com/>
- **List of Luggage Shippers** [https://www.seatguru.com/articles/luggage\\_shipping\\_services.php](https://www.seatguru.com/articles/luggage_shipping_services.php)

## Storage Unit Size Calculator

- **Storage Solutions** <https://www.storage-solutions.org/self-storage-calculator>

## Information About Traveling With Prescriptions

- **International Association for Medical Assistance to Travelers** <https://www.iamat.org/blog/what-you-need-to-know-about-travelling-with-medications/>

## Travel Insurance Information

- **Different Kinds of Travel Related Insurance** <https://www.ricksteves.com/travel-tips/trip-planning/travel-insurance>
- **Activities World Nomads Covers** [https://helpdesk.worldnomads.com/customer/en\\_us/portal/articles/2402086-travel-insurance-activities-sports-adventures-covered-by-world-nomads](https://helpdesk.worldnomads.com/customer/en_us/portal/articles/2402086-travel-insurance-activities-sports-adventures-covered-by-world-nomads)

## Mental Health

- **Mentally Preparing for Becoming a Nomad** <https://www.thelongestwayhome.com/blog/long-term-travel/long-term-travel-mental-preparation-how-get-keep-mind-ready/>