**GET OUT THERE TOURS**

**Packing List**

**Southeast Asia Edition**

***Here’s a tried and true list of what you’ll need to be comfortable on your trip with some links for specific suggestions. Please consider using the links to support our small business and help cover the costs of maintaining the website.***

**LUGGAGE: CHECK IN, CARRY ON, DAYPACKS**

[**Hard Sided International Carry-On**](https://amzn.to/3IVIxoS) (20 inch) with 4 Wheels – Not practical for our group trips, but putting it on the packing list for those needing camera protection. We recommend this for our travelers flying in Business Class because it is heavier than recommended carry-ons for Asia travel. Sometimes it makes sense to carry a hard sided bag, whether it’s for camera gear, computers, or anticipatory fragile souvenirs. This price is hard to beat.

[**Underseater Personal Item Bag**](https://amzn.to/3WPKKIg) - Another great personal item option. This is big enough to hold a 13 inch laptop or iPad, DSLR camera, those large noise cancelling headphones, an inflight toiletry kit and power bank and cables, and a change of clothes (yes, we’ve done it many times). Pairs great with an [**Eagle Creek**](https://amzn.to/43kpMn8) or Patagonia backpack/duffel as our recommended carry-on kit for our group trips.

[**Osprey**](https://amzn.to/3CYBs3j) or Patagonia 45L Backback/Duffel – Our new favorite carry-on for those who can wear their carry-on backpack style. You will fly though the airport hands-free with this one pound 45 Liter (or a smaller, 30 Liter which can be used as a personal item (check out the mesh external water bottle pocket and organization options. Pair it with a larger type of [**Sling bag**](https://amzn.to/42ARYRH) as your carry-on options. *Don’t forget to check dimensions for the airlines you will travel with.*

[**Tomtoc**](https://amzn.to/44rhg6x) and [**Bellroy Sling Bags**](https://amzn.to/3N7JwVq) – Tomtoc is a great less expensive sling option similar to Bellroy, our favorite Sling on the market. We like the smaller [**Lite**](https://amzn.to/3N7JwVq)one for shorter trips, and the larger [**Venture 9L**](https://amzn.to/3qnkd8Q) for International Trips. There are other sizes and styles too so check out their website for all the options.

[**Timbuk2 Ruk**](https://amzn.to/3IYoEgL) – Currently loving this bag with the rolltop to adjust size from personal item to larger.

[G**onex Rolling Duffle 70L for Check-in**](https://amzn.to/43xkSDa) – We like this bag for its shape. It easily holds packing cubes of varying sizes and has a mesh compartment on the top and great wheels. Compare it to [**Eagle Creek’s Migrate Large**](https://amzn.to/3WOKGIr)**.**

**INFLIGHT AMENITIES AND TRAVEL NECESSITIES**

[**Passport Case**](https://amzn.to/3quPM0k) (with zipper) by Pacsafe– our favorite with RFID and room for a Tile or Apple Air Tag and credit cards, dive card, and global entry card.

[**Travel Document Case**](https://amzn.to/3IT1OY3) - Not to be confused with a passport cover. You will put your passport in its cover inside the document case along with other printed documents you will need during your travels. Don’t forget to take a photocopy of your passport and vaccine card and put those items inside your luggage.

[**Foot Hammock**](https://amzn.to/3ITYoUZ) - One of our most popular items for Economy Class travelers. This will save you from excessively swollen legs, we promise.

[**Seat Back Pocket Organizer**](https://amzn.to/3MLSoOX) - Keep all of your inflight gadgets in one place saving your seat mate from having to get up every time you want an item out of the overhead bin.

[**Compression Socks**](https://amzn.to/3C71Esf) - A tried and true brand to keep your circulation flowing.

[**Noise Cancelling Headphones**](https://amzn.to/3oK5Uux) - An excellent option from Anker for about a third of the price of those Bose (which we love too).

[**Headphone Adaptor for Wired Headphones**](https://amzn.to/3WMnSZT) or [**Wireless Airpods**](https://amzn.to/43IXylX)**Adaptor** – Whether you are traveling with wired headphones or wireless, you will likely benefit from one or both of these adaptors on Asian carriers. (Singapore Airlines has a three prong plug but we use our two prong adaptors in it and it works.)

[**Travel Blanket with Hoody**](https://amzn.to/43lAutp) - When you aren’t quite comfortable with that thin fleece blanket in Economy Class, this is a great solution for those chilly long distance flights. You will love the hoody when you just want to sleep and not be interrupted.

[**Molded Eye Mask**](https://amzn.to/3qfLQAA) 2-Pack – Most of our travelers swear by these for another way to try to get some rest on that long over the water flight.

**ORGANIZATION**

[**Packable Daypack**](https://amzn.to/3WJcvSF) - A great way to carry your sunscreen, camera, water bottle OR bring it along in your purse for shopping excursions. This is a good price because Osprey is discontinuing (new model out now). There are a million packable daypacks but Osprey makes the best and worth the money for the water bottle holder. (Trust us, we have tried a dozen.)

[**Clean/Dirty 2 Sided Packing Cube**](https://amzn.to/3N7u6jQ) Eagle Creek’s two sided packing cube is perfect for storing your dirty clothes on one side and clean clothes on the other. We like to keep swimsuits and beach wear on the clean clothes side but you can organize it however you choose.

[**Compression Packing Cube Set with Laundry Bag**](https://amzn.to/3Ca4rks) - We love these compression cubes both for space saving and organization. Try our hack of either getting a couple sets and color coordinate your cubes’ contents or use some painter’s take and write on the cubes what is inside. This laundry bag that is included is perfect for gathering your dirty clothes to take them to the laundry shop.

[**Packable Duffel for Souvenirs**](https://amzn.to/3WOqPsZ) - This is a tried and true travel hack. The 60L is a great item to bring along. Keep it all packed up in its pocket pouch until you are ready to pack your souvenirs for the flight home. You are allowed two checked bags on International Flights so make sure you do most of your shopping at your last stop.

[**Packable Duffel & Cubes Bundle**](https://amzn.to/3WP7acg) - These are a bundle version of the above cubes and duffle items

[**Haiku Crossbody Purse**](https://amzn.to/3N7NYTY) - We love this brand for their well made eco products and this is a great bag at this price point.

[**Carthartt Fanny Pack**](https://amzn.to/3ITwd8w) - A well made brand and great do to purse replacement. If you are careful, there’s no need to worry about it being stolen.

**TECH & ELECTRONICS**

[**Travel Outlet Surge Protector with Long Cord**](https://amzn.to/3NaAtDd) - This item replaces the larger, bulky, heavy one we used to have on our packing list. Like the older version, the long cord is golden in Asian hotel rooms when power outlets are often way on the other side of the room, behind the TV. This power strip has plenty of sockets and USB slots and allows for voltage conversion from 110 to 220, a must if you plan to bring a devise with heating elements like a dryer or flat iron. This one includes outlet adaptors so make sure you check with us on which ones you will need to bring from this kit.

[**PLUG ADAPTORS FOR CAMBODIA (AND THAILAND)**](https://amzn.to/3TDrFcK) – Cambodia mostly uses TYPE C. This package also contains a plug that will work in Thailand since they have three types and you never know which one you will het (most rooms will take a US plug) Make sure you get a three prong to two prong adaptor (see below) if any of your plugs have three prongs.

[**Surge Protector with Long Cord**](https://amzn.to/3CbhRMS) – If you don’t need the converter (above), consider a plug hub with USB outlets. It is guaranteed the plug you need will be very far away from where you want to charge your items. Additionally, it is quite common for there to only be one or two outlets in your room and if you are sharing a room, this item will make things so much easier. Note that you should never charge a phone, laptop, or tablet in a USB provided in a nightstand or lamp.[Laptop Travelers should consider this one](https://amzn.to/3JNBsXU) *currently on sale.*

[**Universal Outlet Adaptors**](https://amzn.to/3qoSLrm) - Not completely necessary for our travelers only going to Thailand (our plugs fit into SOME OF their outlets), however they have more than one size and it is best to bring all in case the plug nearest your bed is a different type. Check with us on which types you need to bring for your itinerary. We like the individual adaptors (available in bundles) like this because some of their outlets are not flush and the box style, on-the-wall type don’t fit: (best) [**Outlet Sets**](https://amzn.to/3v8VffH)

[**Three Prong to Two Prong Adaptor**](https://amzn.to/3qpX71v)– An inexpensive addition you should carry to make life smoother. You can get just one at the hardware store for a couple bucks, but if you get three, your roommate can use one and you’ll still have one for the person who forgets to pick one up.

[**Power Bank with Battery Life Display**](https://amzn.to/45N6iJl) - Anker isn’t the only name in the power bank game. We love this less expensive version and have never had an issue with it’s operation. In fact the digital display with battery percentage remaining is super practical for travel. Note you will need an adaptor with higher wattage in you want to charge a laptop in this unit, however most don’t and this works great charging two items at a time, including a tablet.

[**On-the-go Magsafe Charger (wireless/attaches to phone)**](https://amzn.to/44MnAom)Our newest recommendation is this 10,000 mAh iPhone and iWatch charger. We love it because no cord is needed and it’s a great way to recharge your Apple Watch in between adventures.

[**Apple Air Tags**](https://amzn.to/3XHbQl8) – Don’t stress about whether your luggage made the connection in Singapore, monitor its movements with AirTags for iPhone users or [**Tile**](https://amzn.to/43c7ALG)for others.

# [60W 4 in 1 PD Fast Charging Cord](https://amzn.to/45P9qUW) - Multi Charging Cable 10 inches, USB C Cable – streamline your charging cables

[**Short Charging Cables**](https://amzn.to/3WOtS4p) - All of your cables don’t have to be 6 feet long. These shorties are perfect for recharging your items on the go.

**Electronics Organizer (2 options)** - We like these two reasonably priced pouches for your electronic gear. One or both will be room for whatever tech items you bring along.

[**Evergoods Brand Civic 2**](https://evergoods.us/collections/accessories)– This pouch has amazing functionality as a desktop caddy that opens and can stand on a table top as a way to stay organized in your hotel room. A bit pricey but it’s the last one you will ever purchase.

Or [**Another Destop Tech Organizer**](https://amzn.to/3MMOYvw) we just found and love for around half the price.

[**E Reader**](https://amzn.to/3quYgoc)–These are great for the flight which will be dark most of the journey because they have their own light source. Don’t forget to download the amazing story of Lek Chailert, [**The Elephant Lady of Thailand**](https://amzn.to/3N9bf89)and for our SIS6 Trip, [**Focusing on Angkor**](https://amzn.to/3qiOXHX)**,** [**First They Killed My Father**](https://amzn.to/3Nce74h)**,** [**Buddhism 101**](https://amzn.to/3qoWmWo)

[**2-in-One Flashlight**](https://amzn.to/43lRLTx)– This little light packs a punch. You can use it as a nightlight, flashlight, or bottle opener (Soda water in Thailand comes in glass bottles). Power goes out sometimes, or you may need to get to the bathroom if your roommate is sleeping. Clips onto your backpack.

[**Headlamp**](https://amzn.to/43H153W)– For our Elephant Ambassadors, we suggest bringing a headlamp for our rural overnight stay. This is the one we use for backpacking because it is Ultra-light and we love that for travel too.

**TOILETRY & MEDICINE KIT**

[**Hanging Toiletry Kit**](https://amzn.to/43FZPyg) - We find the best travel toiletry bags can be hung. Whether you are sharing a room with someone or just have limited counter space, the hook lets you get your items off the sink countertop and keeps them organized for when you need to pack up and head to the next destination.

[**Sun Bum Reef Friendly Sunscreen (Face SPF 50) -**](https://amzn.to/3MMbJQ3)Always use Reef Friendly products and when you can, rinse off when entering the ocean. Let’s respect our fish friends.

[**Reef Friendly Sport Sun Crème**](https://amzn.to/3N7LB3w) - Always use Reef Friendly products and when you can, rinse off when entering the ocean. Let’s respect our fish friends.

[**Eco Friendly Mosquito Repellent**](https://amzn.to/43jCNgR) - On occasion, we will make you our special insect repellant if you are local($10 for 3 oz), but in a pinch, this is an excellent “natural” deet-free brand.

[**Multi Symptom Imodium**](https://amzn.to/3MJvCHH) – You’ll probably need this at least once during your trip. Cipro is readily available in Boots or other pharmacies in Southeast Asia, so if you find yourself using more than 3 of these tablets, you might want to switch to Cipro to be safe. (Cipro is available OTC in Thailand.)

[**LMNT Flavored Keto Electrolytes**](https://amzn.to/3IVbPE5) – Whether it’s because you are dehydrated from the heat or from stomach or health issues, you will appreciate having these in your toiletry kit and you will love these flavors!

[**ANTI NAUSEA MEDICATON**](https://amzn.to/3qmBRK2) – Trader Joe’s has Ginger Chews that taste yummy. Some need a bit more like this linked option.

[**BASIC FIRST AID KIT**](https://amzn.to/43lZnoQ) – You’d be surprised at how handy this will be – if not for you, for a travel companion. Don’t forget to pack in in your day bag!

**CLOTHES, SHOES, & ACCESSORIES**

[**Cooling Bandana**](https://amzn.to/3MJwzQh) - Great for hiking or just days on tour, this is a great way to cool off (that and a quick trip into a 7-11)

[**Souvenir Trucker Hat**](https://amzn.to/3ITsEz2) – Bring a fun trucker hat you can leave behind with the local who touched your soul. They usually love these especially with sport teams’ logos or movies or tv shows.

[**Water Socks**](https://amzn.to/3ITHZ2M) - These are great for jumping on and off the longtail boats and for walking in shallow water.

[**Beach Cover Up Skirt**](https://amzn.to/3OTdXQC) - A Rip skirt knock off that’s perfect for lunch by the pool or at a beach side cafe. It has quick dry material and is very light weight. Great to wear on the boat too.

[**UV Protection Travel Blouse (Women’s)**](https://amzn.to/3IW20FL) - We are excited about this one. It doubles as a beach day shirt and a temple day outfit. Check out the cooling vent in the back!

[**(Men’s Version)**](https://amzn.to/43m5n15)

[**Short Sleeved Button-up Shirts (Women’s)**](https://amzn.to/3WQNBRc) Travel shirts are easy to wash at night and will dry by morning with these fabrics. These are cooler solutions to t-shirts. We still recommend three of your favorite t-shirts.

[**(Men’s)**](https://amzn.to/3qmYlur)We recommend 3 – 4 t-shirts in addition to this (or 2 short sleeved button up shirts and 2-3 t-shirts.

[**Chaco’s River Shoes (Women’s)**](https://amzn.to/3IPt9dl) - A practical option to be used as a walking shoe, a beach shoe, or an evening shoe. Very lightweight and fast drying. Our founder’s favorite version.

[**(Men’s currently ON SALE)**](https://amzn.to/43pRX43)

[**Royal Robbins Bergin Skirt**](https://amzn.to/3WUwMoj) - A great travel skirt. Note that it is too short for temple use. This can replace a pair of shorts.

[**Light Denim Beach Shorts**](https://amzn.to/3ITidLS) **(Women’s)** - Too short for temples and palaces, these can be worn around Thai islands and resorts.

[**(Men’s Shorts Option)**](https://amzn.to/3ITVM9E)

[**Women’s Hiking Shorts**](https://amzn.to/3WMvCuY)**.** A total of two pairs of shorts is plenty because you will wear pants short pants (capri) most of the time, so it’s a good idea to make one of the pairs for hiking.

[**Men’s Hiking Shorts**](https://amzn.to/42kyuR0)**.** Mens hiking shorts can be work as casual shorts for travel days or non temple days since they are longer than women’s. These are practical with the phone and cargo pockets and are quick dry.

[**Tankini**](https://amzn.to/3WMJaGO)- A simple tankini, practical for pool or beach. We suggest 2 swimsuits for women.

[**Swim Trunks**](https://amzn.to/3IW3X53) – A simple option with color variations. We suggest 2 swim trunks for men so they are dry when needed; or one swim trunk and one quick dry short.

Rash Guard and/or Sun Hoodie – Pretty much a must these days. [**Women’s Rash Guard**](https://amzn.to/3MQOSmE) and [**Sun Hoodie**](https://amzn.to/43q0UdF) **/** [**Men’s Rash Guard**](https://amzn.to/3MRgPKO) and [**Sun Hoodie**](https://amzn.to/43xijkw) TIP: Get a pre-owned one on Poshmark where they are half price or less. [Use this link for $10 off](https://poshmark.com/signup?refcode=LIVE_THIS_LIFE&utm_campaign=referral_code%3DLIVE_THIS_LIFE&domain=us&utm_source=sms_sh&utm_content=ext_trk%3Dbranch%26feature%3Dsh_in_inv_ios%26campaign%3Dshare_content_referral_invite_friend.default.026%26rfuid%3Dext1%3A8c35a0bf-6fda-4fd5-8aed-84bc600e24fc&br_t=true&_branch_match_id=1158094424369405595&_branch_referrer=H4sIAAAAAAAAA8soKSkottLXL8gvztDLzdY3rEhy9rdMrchyTAIAyivKCBsAAAA%3D) when you sign up on Poshmark.

[**Beach CoverUp**](https://amzn.to/43ElbMl) - A longer coverup works well for shopping after a day at the beach without a costume change.

[**Foldable Sun Straw Hat**](https://amzn.to/3qveNbK) - Just bring a hat. Baseball hat or anything. You will need it in the tropical sun.

[**Royal Robbins Adjustable Travel Pants (Women’s)**](https://amzn.to/42koaZg) - Whether you need a long pant for the flight or capris allowing for a cooler option, this pant is your two in one go to. We suggest one more pant and one capri or long short as well. [**(Men’s Option)**](https://amzn.to/45MiRog)**.** We recommend two extra pairs of pants for men and two more shorts – more options below.

**Women’s** [**Lightweight Jogger Style Pants**](https://amzn.to/3WOSslH) – These are lightweight and quick dry. We really love [**Athleta – here’s one on Poshmark**](https://poshmark.com/listing/Athleta-Trekkie-Joggers-646d66d8c1c3460557f61681?utm_source=sms_sh&utm_content=ext_trk%3Dbranch%26feature%3Dsh_li_ss_ios%26campaign%3Dshare_content_other_user_post__us.default.001%26rfuid%3Dext1%3A8c35a0bf-6fda-4fd5-8aed-84bc600e24fc&br_t=true&_branch_match_id=1158094424369405595&_branch_referrer=H4sIAAAAAAAAA8soKSkottLXL8gvztDLzdYvNwisDPFNqshyTAIAY1eh%2FxsAAAA%3D)**.** [**Men’s Joggers.**](https://amzn.to/45MPC50)Joggers are the best for travel days!

[**Prana Corissa Dress**](https://amzn.to/3qtT6ZF) - This wrap around dress is a great travel dress choice. You may reduce the number of pants you bring if you pack this.

[**Scarf (for Temples)**](https://amzn.to/43DaTMh) - A scarf is a travel essential, especially for counties where you will visit temples. It works as sun protection, an air conditioner blocker, or an accessory for a fancy dinner. Light colors are recommended to beat the heat. (Local guides will aways advise us if scarfs are acceptable, for example – at Angkor Wat) and we will update you during the trip. Always be sure to be prepared to cover your arms and shoulders with a blouse.)

[**Chacos Slides (Women’s)**](https://amzn.to/3ISW3JM) – Great for the flight and to use on temple days (flip flops not recommended)

[**(Men’s currently on sale)**](https://amzn.to/42l5qJ9)

[**Rain Poncho**](https://amzn.to/3CautUD) - It usually always rains in Asia, but in rainy season, don’t get caught without your poncho.

**Underwear and Bras** [**Exofficio Women’s**](https://amzn.to/42kGD7W)and [**Exofficio Men’s**](https://amzn.to/3OSkxqc)Underwear / [**Boody Bras**](https://amzn.to/3MJEptb) are our favorite for quick dry features (underwear) or comfortability (bras)

Short Sleeved or Tanks are good for beach days or when we aren’t heading to a temple. For Women, we like these [**sleeveless shirts by Columbia**](https://amzn.to/3N7Oi5g) as they are dressy and very lightweight (cotton is not advisable in tropical climates (2 would be perfect for excursion days – don’t forget a shawl or scarf if it’s a temple day). For Men, these quick dry [**tanks**](https://amzn.to/43j9j2E)are a good option (2 or 3).

**Pajamas and/or Lounge Pants** – A good pair of Elephant (lounge) pants can be used to sleep in or wear to the beach or café. These are for sale everywhere in Southeast Asia for about $5-8. You can spend a whole day looking for your size (we can help because we know of some places) but the it’s about the quest not the journey, right? These are what we mean by [**Elephant Pants**](https://amzn.to/3CetW3O) and they are unisex. Brind a couple of things to sleep in. Perhaps one pajama set and one lounge pant/short and use one of your t-shirts as a sleep shirt. [**Women’s pajamas**](https://amzn.to/3N9t5rv). [**Men’s pajamas**](https://amzn.to/43w7cYW).

**OTHER GEAR & GADGETS**

[**Dry Bag for Island Hopping**](https://amzn.to/3MFVjsA) - It you plan to go snorkeling from a boat, we recommend bring one of these “boat bags” along. This one has an outside mesh compartment for your wet towel. You can also use this to pack wet clothes in between activities.

[**Small Dry Bag**](https://amzn.to/3NbRk8o) – Bring one of these along to keep your phone, room key, wallet, and money separate from the rest of your gear on the dive boat. We suggest a bright color that is different from your towel so it’s easy to find in your boat bag.

[**Quick Dry Towel**](https://amzn.to/3OSgCcY) – Your hotel will have beach towels but they are heavy and huge. Consider this one for excursions where a towel will come in handy. If you get one of the larger ones, you can use it as a travel blanket. (Consider leaving the bulky case it comes with at home as we find it to be a space waster.)

[**TSA Approved Travel Lock**](https://amzn.to/45WU1Cv) - You will need a couple. Don’t make it easy for curious baggage handlers. Plus, they keep your luggage from opening!

[**Beach Blanket - Packable**](https://amzn.to/43zMdnY) - A new item on our packing list, but at this size and weight, why not? Use it to sit on the grass or take it to the beach instead of a sarong, because those take a week to dry in the humid climate.

[**Hero Clip**](https://amzn.to/3OTIPQP) - If you haven’t heard of these, check this out. Use them for hanging your bag up in the public toilets or on the minivan.

[**PEAK DESIGN Reusable Shopping Tote**](https://amzn.to/3oGTIeb) – This one has a zipper and can be a travel purse as well as a fold-up tote. You will find this item extremely necessary and Peak Design is a great company to support with eco friendly materials on many products.

[**Seasick Prevention Bracelets**](https://amzn.to/42k88ia) - Can’t hurt. These help for sea sickness and car sickness along with some ginger chews (pick those up at Trader Joe’s).

[**Refillable Water Bottle with Filter**](https://amzn.to/43HpJkT)– You’ll love this budget friendly Brita bottle with a filter. Filtered water is always available in our hotels so just refill your bottle every morning before setting out for the day. Another tip is to purchase an extra large sized water at 7-11 (or the equivalent) and refill your bottle and another’s. The less plastic we purchase, the better we serve the countries we visit. [**Metal Water Bottle Option (no filter)**](https://amzn.to/3MPReC2)– We like this one better than Hydro Flask. Don’t forget to put on your Get Out There Tours+Travel Sticker(s)!!

[**Instant Coffee Packets**](https://amzn.to/3WMS0V6) – Hotels in Asia come equipped with water boiling kettles with tea and instant coffee. There’s never enough if you are a true coffee drinker (and you may not like the weak flavor of Nescafe or similar.

[**Powdered Oat Creamer**](https://amzn.to/3MNZOBx) – You’ll love these convenient single serving Oat Milk Creamers as much as we do!

[**Travel Utensil Set**](https://amzn.to/3IPd9bC) – Please help stop the use of single use plastic in Asia. You will find these more sturdy anyway and very practical. This one comes with straws for those Mango/Passion Fruit Smoothies you’ll fall in love with!

# [Collapsible Take Away Container](https://amzn.to/48aKqZx) - 3 Pack Silicone Collapsible BPA Free Lunch Box Airtight Vacuum Seal Organizers for Fruit + Leftover Food

[**Travel Umbrella**](https://amzn.to/45MP0MH) – Not a bad idea for those afternoon cloudbursts. Trust us!

**CHECK LIST (use while packing)**

Toiletries

-Hanging Toiletry Bag if traveling with a roommate

-Mosquito Spray and Lotion (see Bali FaceBook Page for newest suggestions)

(The lotion can be applied after shower and spray goes in fannypack, purse, backpack for application throughout the day)

-Johnson’s Baby Lotion - Mint Green Tube “Aloe” (I swear this works but I don’t use it anymore because they are not Cruelty Free)

-Homemade Essential Oil Bug Spray (I can make you one if you these and ship at a minimal cost)

-Dry Shampoo Bar/Conditioner Bar or small bottle of shampoo/and conditioner (these will be in all hotels unless noted)

-Hair Dryer/Straightener/Curling Iron if needed (low watt (“weak” dryers will be provided at hotels) Note: You will need a step down converter to operate these - see electronics list OR you can purchase dual voltage appliances (ask for recommendations)

-6-8 Hair Ties

-Headband or Buff (men too)

-Body Oil with lemongrass (sometimes at trader joes or I can recommend)

-nail polish to match color you wear from mani/pedi before trip for touchups

-anti motion sickness arm bands

-small supply of Motrin or Advil (they have 400 Ibuprofin/over the counter available); ibuprofen, etc

-cold medicine like alka seltzer cold plus

-ginger candy for trader joes or amazon (I can recommend)

-supplements and vitamins

-prescriptions with Rx

-brush/comb

-shaver

-sunscreen (see newest list)

Clothes (Women)

-2 long sleeved blouses (gauze or linen best) or 1 blouse and 1 tunic style to put on over cami when going in temple

-2 short sleeved blouses, tunic, t-shirt

-1 sleeping or hang out t-shirt

-1 sleeping short pj bottoms and 1 long pj bottoms

-1 short beach coverup / 1 longer

-2 shorts

-1 capri pant

-1 long skirt/ 1 shorter skirt or skort

-1 dress

-2 linen or 1 linen and 1 elephant style pants

-temple blouse or tunic/shawl

-1 beach shoe/sandal/flip flop (flip flops not recommended as they are hazardous - walkways have a lot of obstacles)

-1 dressier sandal

-1 water shoe

-1 hiking or trail shoe that works as a sneaker (tread)

-1 one piece swim suit

-1 or 2 “other” like a tankini

-rashguard or sun shirt

-swim shorts

-2 camis

-sun hat

-ball cap

-sunglasses

-reading glasses

-joggers (maybe wear on plane)

-undergarments

-3 socks

-1 compression socks for plane

-light hoodie (Lululemon has a great one) for plane

-travel towel

-sarong (buy in thailand)

-cooling scarf

(Men)

-2 long sleeved shirts

-3 t-shirts (one wicking)

-1 or 2 short sleeved button up

-3 shorts

-2 pants

-1 jogger

-1 sleeping shirt/shorts

-same shoes as above

-3 socks

-1 compression socks for plane

-light hoodie for plane

-undergarments

-same hats as above

-buff

-1 capri (if comfortable)

-1 elephant pants (can buy in thailand)

-travel towel

-cooling scarf

Electronics

-10000K - < 20k may power bank (goes in carryon)

-universal cord with usb a,c, etc

-short phone cord

-step down converter and /or power box with long cord

-converter for cambodia or universal converter

-camera chargers and attachments if needed (GoPro etc)

-headlamp

Other

-umbrella

-rain jacket or poncho

-day pack

-folding shopping bags

-pouch for suncreeen and beach items

-beach bag (mesh)

-bamboo utensils (can purchase there) for carryout to avoid plastic

-metal straws

-take away container

-book

-journal/pens

-coffee packets/equal if used

-creamer packets

-electrolytes and/or powdered iced tea

-snacks like power bars (5-6 max)

-novelty item like key chain or bandana with Idaho printed on it etc to give to drivers/guides

-pens for kids

-treats for street dogs (can be purchased there)

-deck of cards or uno

-unique candy for driver and guide to try (I like to bring Mexican candy) but cash is king

-folding duffle

-travel wallet

-document folder with everything in it photographed and in phone in a unique “folder”

-e reader

-foot hammock

-headphones (ear bud adaptor if needed)

-seat back organizer

-passport wallet

-vaccine card