

hand luggage	$\Diamond$
Purse / wallet / breast bag	
traveler's cheque or cash equivalent to	
10,000 Baht per person	
1-2 valid Creditcards	
Emergency telephone number of banks / lock number	
Passport (valid for at least 6 months)	
ID Card	
Drivers license / internat. Drivers license	
Copies of passport and driver's license	
Travel documents (hotel booking, air	
tickets, project documents)	
Camera, Lenses (Battery & Replacement Battery)	
Memory cards, USB stick (SD cards or similar)	
Laptop / tablet / ipad + charging cable	
Mobile phone + charging cable	
Waterproof phone case	
Powerbank + charging cable / solar charger	
Waterproof Camera Bag / OceanPack	
travel plug	
Possibly a small gift for host family	

travel pharmacy	Ø
Disinfectant spray for wounds	
Sticking plaster / Blister plaster	
tweezers	
Diarrhea medicine (eg Imodium)	
Analgesics / antipyretics (ibuprofen)	
thermometer	
Broad-spectrum antibiotics	
Malaria protection / prophylaxis /	
remedies for symptoms	
Mosquito repellent / mosquito repellent	
(best buy locally)	
Medications that are taken permanently	
(sufficient amount)	

luggage	$\Diamond$
At least 5 times underwear	
At least 5 times T-shirts	
At least 1-2 shorts / skirts	
2-3 long pants	
At least 5 long-sleeved tops / blouses / shirts	
1 thin jacket / hoodie / denim jacket	
Possibly 1 rain jacket (rainy season)	
1 fine outfit (for example, Christmas,	
festivals)	
Swimsuit / Bikini	
Flip flops / sandals	
1 pair of solid shoes / sneaker / trekking	
5 pairs of socks (for trekking)	
1 beach towel	
Headgear / Hat / Cap / Cloth	

Cosmetics / toiletry bag	Ø
Toothbrush & Toothpaste	
sun protection	
Comb / brush	
Earplugs / Earsticks	
Shower gel / shampoo / conditioner	
Gen. Hair Care / Styling Gel / Wax	
Body lotion / after-sun skin care	
face cream	
handkerchiefs	
Deodorant / perfume	
Contraceptive / anti-baby pill in sufficient	
quantity	
Tampons (including toiletries for girls)	
Decorative cosmetics (for girls, ideally	
waterproof)	
Nail polish remover / remover pads	
Make-up wipes	