

# PACKING

## ESSENTIALS

We suggest that you get your suitcase out a few weeks prior so that you can add things and remove as you think of them. There will be essential things that you will need to take and then there is the wish list if you have room. If you fold clothes in half and then roll them instead of folding you will find you keep things wrinkle free as well as have a lot more room. Make sure all toiletries are in plastic bags so if they spill wont ruin all your clothes, from experience we know toothpaste especially has bad habit of doing this so put in a zip lock bag.

Your hotel will have hair dryers as well as shampoo, conditioner soap and basic toiletries so don't over pack on these items. Don't panic if you think you forgot something you can always buy it when you get there. Don't overfill your suitcase on the way over as you want to leave room for all your new purchases.

Passport (with at least 6 months before expiry)	<input type="checkbox"/>	Sunscreen + Repellant	<input type="checkbox"/>
Etickets - Copy flight itinerary	<input type="checkbox"/>	Charger for Phone	<input type="checkbox"/>
Hotel reservation documents	<input type="checkbox"/>	Adapters for Thailand (cheap to buy there)	<input type="checkbox"/>
Meditravel Info folder with Treatment Plan	<input type="checkbox"/>	Small Overnight bag to take to Hospital`	<input type="checkbox"/>
Any prescription Medication + script	<input type="checkbox"/>	Books, Magazines, E reader	<input type="checkbox"/>
Birth Control	<input type="checkbox"/>	Mini First Aid (see suggestions previous page)	<input type="checkbox"/>
Female Hygiene Products	<input type="checkbox"/>	If Purchase Compression Garments	<input type="checkbox"/>
Basic Make-Up	<input type="checkbox"/>	Basic Toiletries	<input type="checkbox"/>
Basic Hair products (if long you will wear it up)	<input type="checkbox"/>	Spare phone for local SIM to call home + text	<input type="checkbox"/>

## CLOTHING

As clothing is so cheap in Thailand and the temptation to shop daily is hard to resist, best to not over pack as you may find yourself paying for excess luggage when you leave (not cheap)

Sleep wear 2-3 pairs	<input type="checkbox"/>	Swim wear and cover-up for around pool	<input type="checkbox"/>
Undergarment for duration of trip	<input type="checkbox"/>	1-2 Pairs of Short Skirts	<input type="checkbox"/>
Shoes = Thongs, Sandals, runners	<input type="checkbox"/>	Tank Top or Light T-shirts	<input type="checkbox"/>
Light Jacket for night and on plane	<input type="checkbox"/>	<i>Optional</i> Camera + Charger	<input type="checkbox"/>
Cargo Pants	<input type="checkbox"/>	<i>Optional</i> Laptop or Ipad and Chargers	<input type="checkbox"/>
One nice dress for going out (will leave with more)	<input type="checkbox"/>	<i>Optional</i> Travel Insurance	<input type="checkbox"/>