

paulharfouche.com
PACKING LIST FOR THAILAND

Packs:

- Osprey Farpoint 55 (40L + 15L day pack)
- Additional day pack (optional)
- Money/Passport pouch
- Ziploc bags and/or packing cubes
- Backpack Rain cover
- Locks for bag and locker

Necessity:

- Passport
- Money + Credit Card
- Driver's license
- Folder w/ all flight related papers, insurance and copy of passport.

Clothing (1-week worth of clothing):

- T-shirts (4)
- Tank top (2)
- Shorts (2)
- Light hiking pants (1)
- Joggers (1) (optional)
- Light sweater (1) (optional)
- Socks (6) + 1 Wool
- Underwear (7)
- Bathing suit
- Sneakers
- Loafers and/or flipflops
- Light rain coat and/or poncho

Toiletries + Medical:

- Toothbrush + toothpaste
- Deodorant
- Shaving tool
- Q-tips
- Soap
- Microfiber towel
- Sunscreen
- Mosquito Repellent
- Ibuprofen
- Diarrhea medication (Pepto Bismol, Imodium)
- Hand Sanitizer

Electronics:

- Laptop + charger
- Cellphone + charger
- Camera + Chargers + Batteries
- Memory cards
- Adapters
- Led portable light
- Headphones
- Watch

Entertainment:

- Books (2)
- Pocket Thai phrasebook
- Notebook + Pen
- Music
- Cards
- Podcasts

Other (You could bring them yourself or buy them there like I'm doing):

- Sunglasses
- Loose and light pants
- Portable charger
- Portable hard drive
- Hat

Optional Gear:

- Paracord bracelet
- Multi-tool
- Spork
- Mosquito Net
- Carabiner
- First Aid kit (optional)
- Portable pillow
- Earplugs and sleep mask
- Water bottle
- Bandana/light scarf
- Antibacterial wet wipes***

*Don't forget to get vaccinated depending on where you are traveling.

**If you're on a tight budget, you're better off bringing the essentials with you, and purchasing the rest in Thailand.

***They were such a lifesaver during the plane ride and during the layover. Ideal to clean your face and your hands in situations where you don't have access to showers or water.