

PACKING CHECKLIST

trip dates: _____ / **DEstination:** _____

Clothing	✓	Accessories	✓
Lightweight T-shirts or tops (cotton or linen)		Sun hat or cap	
Shorts and breathable trousers		Sunglasses	
1-2 long-sleeve shirts (for temples and mosquito protection)		Light scarf or shawl (for sun or temples)	
Light dress or sarong / wrap		Small backpack or day bag	
Swimsuits		Foldable tote bag (for shopping or beach days)	
Light jacket or cardigan (for A/C or evening breeze)		Waterproof dry bag (for island trips and boats)	
Rain jacket or poncho (especially during monsoon season)		Microfiber travel towel – dries quickly and saves space.	
Comfortable walking shoes or trainers		Headphones or earphones, ideal for audio guides, meditation apps, or music during flights.	
Flip-flops or sandals		Compact travel lock, for luggage or hostel lockers.	
Sleepwear		Portable mini fan, great for hot, humid afternoons.	
Tip: Avoid bringing too much, laundry services are cheap and fast everywhere.		Waterproof phone pouch, essential for island tours and kayaking.	

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Carry-On Essentials	✓	Health & First Aid	✓
Passport + photocopies		Basic medication (painkillers, stomach relief, antihistamines)	
Travel insurance documents		Personal prescriptions (in original packaging)	
Credit/debit cards + some Thai baht (cash)		Mosquito repellent	
Phone and charger		Bite relief cream	
Neck pillow / sleeping mask / earplugs		Electrolyte or rehydration packets	
Lamonito Travel Guide		Band-aids / antiseptic wipes	
		Hand sanitizer	
		Motion sickness pills (for ferries and island transfers)	
		Tip: Pharmacies are easy to find in Thailand, but it's best to bring your essentials.	