



PACKING LIST FOR Asia

HAND LUGGAGE

- Passport
- Plane tickets & vouchers
- Cash & credit cards
- Vaccination papers
- Copy of personal papers
- List of phone numbers
- Medicine
- Sleep mask/earplugs
- Change of clothes
- Warm sweater
- Toiletries
- Headphones
- Snacks
- Small first aid kit
- Hand sanitiser
- Electronic appliances
- Mobile phone and charger
- Entertainment for the flight

OTHER

- _____
- _____
- _____

CLOTHING & SHOES

- Underwear and possibly
- nightwear
- Stockings
- Shorts/skirts
- Trousers
- T-shirts/tops
- Dresses
- Sweater or light jacket
- Swimwear
- Possibly rainwear
- Sun hat/cap
- Sandals/shoes
- Clothing for visiting temples

MEDICINE

- Allergy medicine
- Pain killers
- First aid kit
- Tablets against travel sickness
- Medication for diarrhoea
- Possibly lactic acid bacteria
- _____

TOILETRIES

- Toothbrush and toothpaste
- Deodorant
- Contact lenses/glasses
- Mosquito repellent
- Anti-itch cream
- Sunscreen
- Lip balm
- Nail clipper and file
- Shampoo and conditioner
- Shower gel
- Hairbrush
- Skin care and make-up
- Shaving gear

MISCELLANEOUS

- Luggage tag and lock
- Small backpack for day trips
- Possibly larger backpack
- Packing bags
- Notebook/Diary
- Sunglasses
- Power adapter
- Possibly USB