

Packing Checklist

Northern Thailand Active Adventure

Below is a list of the required and optional items to bring on your adventure. Try to avoid packing cotton or denim items—nylon, polyester or merino wool options reign supreme as they efficiently wick away moisture and are quick-drying. Choose dual-purpose, lightweight clothing to keep your packing simple and efficient!

If you're not sure what any of the items in the packing list are, please ask us or your nearest outdoor outfitter. We want you to be Girl Scout-prepared for your adventure ahead!

Please ensure you check the local forecast before your trip and pack accordingly!



Note: It's important to respect Thai etiquette and customs. Clothing should be modest and not revealing (no tank tops or Daisy Duke short shorts!).

Required Items

- Main piece of luggage: a sports bag with wheels, a soft-sided suitcase, a 30-40L backpack or similar with a lock (if you wish)
- Small daypack (10-20L). This will be for carrying water, snacks, camera and other essentials for your day exploring.
- Hiking/walking shoes/trail runners—whatever you love best but make sure they are well-loved. Brand new shoes = brand new blisters! Opt for lightweight, breathable designs. Spare laces take up little spare room and can be a lifesaver (for you or

someone else with a broken lace!). This footwear will be used on the trek, cycling and at the elephant sanctuary as well.

- Water sandals: We recommend a brand like Keen with their extra toe protection. They are ideal for rafting and day-to-day wear.
- Socks: Light, moisture-wicking (enough pairs for each day of the trip)—lightweight merino wool socks are best for this climate
- Light jacket/fleece or light wool sweater for chilly mountains nights and chilly flights!
- Long sleeve shirts: two or three, lightweight, quick-dry. These are a versatile layer for cooler days/nights, temple visits and for areas with pesky insects.
- Short-sleeved shirts: three or more, lightweight, moisture-wicking.
- Capris/shorts/lightweight pants: convertible pants are ideal as they are 2-in-1! Please make sure your shorts are at least knee-length.
- A 'fancy-yet-casual' outfit for restaurants and visiting temples
- Underwear, bras as desired
- Pajamas
- Bathing suit: full piece or bikini is fine
- Brimmed hat or baseball hat
- Sunglasses with a leash (or hard case)
- Camera: memory cards and batteries/charger (220V capable with plug adapter for Thailand)
- Toiletries (ideally biodegradable): shampoo, conditioner, toothbrush, toothpaste, soap, lip balm, facecloth (if desired), prescription medications (*bring in duplicate and pack separately), glasses/lenses, feminine hygiene products, wet wipes, hand sanitizer etc.
- Sunscreen (SPF 15+)
- Ziploc baggies (various sizes, for waterproofing important documents, your phone, camera)
- Ear plugs (recommended for shared rooms)

- Adapter plug/power converter for any electronics
- Small flashlight or small headlamp with spare batteries
- Small travel towel for impromptu swims (if desired)
- RAT Antigen test kits for self-monitoring during the trip
- Extra masks (if required), hand sanitizer

Optional Items

- Sarong or light scarf (can double to cover your head/shoulders in temples)
- Small pillow
- Binoculars
- Pencil and sketchbook, notebook/journal (if you write or draw, of course!)
- iPod (if you can't go a day without your tunes)
- Reading material (trade books with your fellow Wild Women mid-trip!)
- Energy snacks and drinks: Snacks will be provided but you may wish to bring an emergency "hangry stash" if you have special dietary needs or personal favourites.
- Personal First Aid Kit (Ibuprofen/ASA, Band-aids, adhesive tape, antihistamines, anti-nausea tablets, Polysporin, Imodium, throat lozenges, extra prescription medication you may be taking—pack it separately), blister kit if you're prone (2nd Skin, Compeeds or moleskin).
- Bandana/Buff
- Compact umbrella

Essential Documents

- Passport: stored in a waterproof wallet/Ziploc bag
- Copies of your passport, medical insurance, air tickets (pack separate from the originals)
- Money: cash in local currency, credit/debit cards with pin number for cash withdrawals
- Air tickets and itinerary



Note: Be sure to pack photocopies of your documents separate from the originals in the event that your baggage is lost or delayed.

Packing Notes

Luggage Logistics

Prepare for lost or delayed luggage by wearing or carrying on the items that are essential to your expedition (like your trail runners or swimsuit!). When packing your carry-on try to include what you would need to be comfortable for your first few days in case your checked baggage is misrouted by the airline (rain gear, medications, itinerary, snacks, change of socks/underwear).

As a general rule, don't bring more than you can carry! This will help ensure smooth-as-pudding transfers in airports, through customs, hotels, and loading vans/trailers/boats. On adventure travel trips it is best to travel with one larger check-in bag and one carry-on bag. Most airlines have reduced the weight maximums for

checked bags to 50lbs (22kg). Be sure to check with your airline for weight restrictions **and** carry-on allowances.

We recommend soft-sided luggage or a medium duffel bag or backpack of 30-50L(your checked bag) and a medium daypack of 10-20L(your carry-on bag) for most adventures.

One small waterproof bag (5-10L dry bag) is recommended for motorboat trips to keep your documents, passport and electronics safe.

Your daypack should contain all the items you will need at your disposal. All other luggage will be loaded in the shuttle vehicles and not always accessible until we our accommodations later in the day.

Daypack Essentials:

- Insect repellent
- Sunblock
- Lip balm with sunblock
- Camera
- Binoculars
- Light rain jacket
- Refillable water bottle
- Snacks
- Extra t-shirt
- Extra pair of socks
- Blister care
- Sunglasses
- Alcohol-based hand sanitizer, mask
- Prescription medication

Resources for Buying Outdoor Gear & Clothing

- **Mountain Equipment Co-op, REI, SAIL, Atmosphere, Sportchek**
- **Borrow:** Why buy when you can borrow from a friend?
- **Variety/Value Village, Goodwill, Salvation Army** and online swap sites are also great places to find second-hand gear for a fraction of the price.
- **Reduce, Reuse, Recycle, Rewear!**