



WILD WOMEN

EXPEDITIONS

Northern Thailand Active Adventure

Packing Checklist

 **Luggage Notes:** Checked luggage can get lost or delayed on the way to any destination. Prepare for this possibility by wearing items that are essential to your Wild Women Expeditions adventure. In your carry-on, pack a light jacket, change of clothes, snacks, toiletries, water bottle, medications, camera, and all paperwork. Depending on group size, luggage space in vehicles can be limited - please use a small-medium sized suitcase or duffel on rollers, and do not pack more than you can carry.

 **Cultural 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 in the temples, please make sure you have something to cover your shoulders in the temples..

 **Hot tip:** Always check the weather in your destination in the week leading up to your trip!

Below is a list of required, recommended and optional items to bring on your Wild Women Expeditions adventure. This list is provided as a guideline and is not exhaustive, nor do you need to bring everything on it (unless it is *required*). Think about how you travel and what works best for you. If you know you'll never wear or use a particular item on this list, don't worry about it!

Required Items

- Main luggage: suggested small to medium sized suitcase with rollers (soft or hard sided is fine), or travel duffel with rollers; travel backpacks are fine too (40-60L), but keep in mind that you need to carry this along with your day pack in the airport and from vehicles to your accommodation
- 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.
- Light rain/wind jacket
- Water Bottle - there will be water in the van to refill your bottle while en route and potable water at accommodations

Recommended Items

- Light jacket/fleece or light wool sweater for chilly mountain 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.
- 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—lightweight merino wool socks are best for this climate
- Sunscreen SPF 15+, lip balm (with SPF), after sun cream/aloe is also a good idea
- Sunglasses (with optional leash/hard case)
- 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 for sun protection
- Toiletries
- 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)

Optional Items

- Snacks (if you have faves you like to travel with)
- Electrolyte drink mix (to aid in rehydration)
- Reading material
- Pencil and notebook/journal
- Travel alarm clock
- Camera and accessories, with extra batteries

- Sarong or light scarf (can double to cover your head/shoulders in temples)
- Buff or bandana

Essential Documents

- Passport (with photocopies or stored on phone)
- Travel insurance (with photocopies or stored on phone)
- Airline tickets (with photocopies or stored on phone)
- Local currency, ATM and credit cards
- Wild Women Expeditions Trip Details and Bulletins (saved to your phone for easy access on or printed, your preference)
- Any entry visas or vaccination certificates as required

 Note: Pack photocopies of travel documents separate from originals (or save to your phone) in the event that your baggage is lost or delayed.

Resources for Buying Outdoor Gear & Clothing

- Mountain Equipment Company, REI, SAIL, Atmosphere, Sportchek
- Borrow: Why buy when you can borrow from a friend?
- Thrift stores and online swap sites are also great places to find second-hand gear for a fraction of the price. Reduce, Reuse, Recycle, Rewear!

 We want you to be super Girl Scout-prepared for this trip! If you are unsure about any of the items on this list, ask us! Or, talk to the staff at your local outfitter. They love to chat about gear and will expertly kit you out!