

PACKING LIST – THAILAND & LAOS

PACK YOUR BAGS!

The AdventureWomen team has curated this list for your adventure in Sri Lanka. It is meant to provide packing guidelines, but please also think about how you travel and what works for you as individuals. If you have any questions, please don't hesitate to ask! It's what we are here for.

Dress for the Weather

At this time of year, you can expect highs in the 80s and lows in the 50s. Layers are key. At this time of year, you can expect highs in the low 90s and lows in the 70s in Bangkok and on Koh Yao Yai Island, and highs in the 80s and lows in the 50s in Luang Prabang and Chiang Mai. You'll need clothing for hot and humid weather as well as cooler evenings. It can be very humid this time of year, so you'll want to bring a few extra quick drying shirts.

It is common to take off your shoes when entering homes, and required when entering temples, so plan on bringing shoes that are easy to slip on and off. Luang Prabang and Chiang Mai are more conservative, so please plan on covering your shoulders. You will need to cover your knees and shoulders when entering temples, and may want to bring a scarf or shawl to cover up if needed. Your guide will go over proper dress attire and etiquette when visiting the temples.

Remember as you choose sunscreen, insect repellent, and toiletries that the ocean ecosystems around Koh Yao Yai Island are fragile. You'll be in and out of the water, and everything you put on your body will likely end up in the ocean. Please be respectful of this unique ecosystem and consider buying reef- safe sunscreen and biodegradable toiletries.

Luggage Restrictions

On this trip you can have one checked bag which can weigh no more than **44 pounds**, and one carry on of no more than **15 pounds**.

PACKING CHECKLIST

Clothing & Gear

- Duffel bag or small suitcase
- Daypack
- 4-8 short sleeve shirts (quick dry recommended)
- 1-2 long sleeve shirts (quick dry recommended)
- 1 light weight fleece sweater/ jacket for cool evenings/air conditioning
- 1-2 pairs of pants
- 2-3 pairs of shorts/skirts
- Rash guard for sun (optional)
- 1-2 sets of nicer clothes for dinner
- 1-2 bathing suits
- Waterproof jacket
- Hat for sun protection
- Underwear
- Socks
- Comfortable walking shoes/ sneakers (closed toe, sturdy shoes are recommended for the hikes)
- Sandals
- Sleepwear
- Quick dry towel (optional)

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AdventureWomen Essentials

- Travel documents (passport, airline tickets, money)
- 2-3 spare passport photos (in case of lost passport)
- Write down/print out travel insurance number
- Locks for your luggage
- OPTIONAL Travel alarm clock with spare batteries or phone
- OPTIONAL Headlamp or small flashlight with spare batteries
- OPTIONAL Binoculars
- OPTIONAL digital camera, memory cards, battery charger
- Power adapters/power bank
- Sunglasses, case, and strap
- Spare glasses, contact lenses, cleaner, saline, etc.
- Money belt or neck pouch
- Water bottle (you will refill your bottle throughout the trip)
- Sunscreen and lip balm with SPF (Reef friendly)
- Mosquito repellent
- Hand wipes/hand sanitizer
- Toothbrush/toothpaste
- Soap, shampoo, and conditioner (biodegradable)- note that all hotels on this trip provide soap, shampoo, and conditioner; only bring it if you prefer having your own
- Small packet of tissues
- Tampons and panty liners (avoid plastic applicators)
- Earplugs: we recommend silicone earplugs
- Assortment of stuff sacks and bags (please consider bring reusable or silicone bags to reduce the use of disposable plastics).
- 1-2 bandanas/Buff (biking may be dusty)
- Reading material, journal, pens

Personal First Aid Kit

- Prescription medicine you usually take (in original containers)
- Personal epi pen (if you need one, don't forget to pack it!)
- Bandages, Gauze, Ace bandage, blister prevention
- Motion Sickness medication/Dramamine if you are prone to motion sickness
- Imodium/Pepto Bismol for any stomach/GI Issues
- Antiseptic wipes/spray
- Antibiotic ointment
- Cotton-tipped applicators
- Oral rehydration tablets/packets
- Antidiarrheal medication
- Mild laxative
- Antacid
- Cold remedies
- Ibuprofen/acetaminophen
- Eye drops
- Tweezers, scissors (travel size), safety pins

Please note you'll be taking different modes of transportation that could cause motion sickness, and you'll be tasting many different foods. Please be sure to consult a travel doctor if you have any concerns and bring prescription and over-the-counter medicine you feel YOU will need for this trip.