

7 Weeks IN ASIA

PACKING CHECKLIST

WHAT NOT TO PACK**

Mobile phones (you are allowed to have it as you travel from your home country to Thailand, but they will not be used for the duration of 7 Weeks in Asia)

IMPORTANT

- Passport
- Travel Documents
- Wallet
- Driver's License
- Credit Card and Cash
- 60 litre travel backpack to carry all your things in.
- Sleeping bag
- Water Bottle

BASICS

- Umbrella
- Towel
- Travel pillow/Neck pillow
- Travel size first-aid kit
- Personal Medications or Dietary Supplements
- Bible
- Notebook and Pen
- Bring around \$300 of spending money

ACCESSORIES

- Sunglasses
- Hat

CLOTHES

Bring enough clothes for different occasions-casual, dress/church, outreach, working outdoors

- Modest shorts
- Pants/Jeans
- T-Shirts
- Sweater/Cardigan
- Raincoat
- Underwear
- Pajamas
- Socks

Men's Dress Wear:

- Church Clothes, Long Pants, Button Up Shirt, Shirt with Sleeves

Women's Dress Wear:

- Dresses, Skirts that are Knee Length, Shirts that Cover the Shoulders.

Modern Bathing Suit:

- Board Shorts (Men), One Piece or Tankini with Shorts (Women)

SHOES

- Walking Shoes
- Flip Flops
- Sneakers

HYGIENE & SANITARY PRODUCTS

- Toothbrush
- Toothpaste
- Dental Floss
- Deodorant
- Shampoo
- Conditioner
- Soap
- Sunscreen
- Hand sanitizer
- Baby wipes + Tissue
- Hair Brush
- Tampons
- Bug Repellent

