



# SOUTH EAST ASIA

# PACKING CHECK LIST

Tick off as you pack

## UNDERWEAR

- 7 Underwear
- 7 Pairs of socks
- Sleepwear (if worn)

## TOPS

- 4 T-shirts
- 3 Vests
- 1 Long-sleeve T-shirt
- 1 Lightweight rain jacket
- 1 Jumper / hoodie

## BOTTOMS

- 1 Cotton shorts
- 2 Sports shorts
- 1 Lightweight smarter shorts
- 2 Swim shorts / swimwear
- 1 Lightweight trousers

## FOOTWEAR

- Trainers
- Sliders / flip-flops / sandals

## ACCESSORIES

- Sunglasses
- Cap

## BAGS

- 50-70L backpack
- Small rucksack / day bag
- Man bag / fanny pack

## ESSENTIALS

- Passport
- Travel bank cards ×2
- Phone
- Phone charger

## TECH

- Universal travel adapter
- Power bank
- Earphones
- Spare phone

## TOILETRIES & HEALTH

- Toothbrush
- Toothpaste
- Shower gel
- Deodorant
- Trimmer / razor
- Nail clippers
- Sunscreen
- Insect repellent
- Female hygiene products (if needed)
- Small med kit (plasters & painkillers)

## EXTRAS

- Packing cubes
- Passport holder
- Wire padlocks
- Microfibre towel
- Waterproof phone case
- Travel insurance printout
- Passport printout
- Spare passport photos
- Goggles
- Aftersun
- Dry bag
- Book (optional)
- Eye mask (optional)
- Ear plugs (optional)