

# The Ultimate Asia Packing List

## Essential Documents, Visas & Health Requirements

- ☐ Passport & Copies
- ☐ Visas
- ☐ Vaccination Records
- ☐ Health Insurance ID Card
- ☐ Travel Insurance
- ☐ International Driver's Permit

## Gear

- ☐ Carry-On Size Luggage
- ☐ Compact Backpack or Daypack
- ☐ Packing Cubes
- ☐ Waterproof Document Holders
- ☐ Waterproof Phone Cover
- ☐ Microfiber Towel
- ☐ Sunglasses

## Clothing - What to Pack

- ☐ Casual Shirts or Blouses
- ☐ T-Shirts
- ☐ Casual Shorts
- ☐ Casual Lightweight Pants or Skirts
- ☐ Thin Nylon Socks
- ☐ Lightweight and Breathable Underwear
- ☐ Swimwear (2) & Cover-up
- ☐ Rain Jacket or Poncho

## Clothing - What to Wear on the Plane

- ☐ Warm-up suit
- ☐ Light jacket with zippers
- ☐ Hoodie
- ☐ Compression socks
- ☐ Ear buds
- ☐ Headphones
- ☐ Eye Mask
- ☐ Baseball Hat or Cap
- ☐ A good book and updated music and video playlists

## Footwear

- ☐ Comfortable Sneakers/Walking Shoes
- ☐ Flip Flops/Sandals
- ☐ If Trekking: Low-Cut trekking shoes

## Toiletries & Personal Care

- ☐ Toothbrush, paste, mouthwash, floss, deodorant, Q-tips
- ☐ Reusable Toiletry Bottles for shampoo, conditioner and soap
- ☐ Nail clippers, tweezer, shaving device with blade refills
- ☐ Sunblock
- ☐ Chapstick or Burt's Bees
- ☐ Condoms

### **Personal Items for Females**

- ☐ Menstrual Products
- ☐ Feminine Hygiene Wipes
- ☐ Compact mirror & essentials
- ☐ Travel Hairbrush or Comb
- ☐ Personal Safety Items: whistle, flashlight, doorstop alarm

### **Tech**

- ☐ Universal Travel Adapter with USB Ports
- ☐ Power Bank
- ☐ Unlocked Phone & Charger
- ☐ GoPro & Charger
- ☐ Portable Bluetooth Speaker

### **Apps**

- ☐ Bolt
- ☐ Grab
- ☐ e-SIM
- ☐ iCloud or OneDrive
- ☐ Google Maps
- ☐ Google Translate
- ☐ Wise Currency Converter

### **First Aid & Health**

- ☐ Mosquito Repellant
- ☐ Small First-Aid Kit
- ☐ Tums & Pepto Bismol
- ☐ Tylenol or Aspirin
- ☐ Cough & Cold Medicine
- ☐ Electrolyte Tablets
- ☐ Hand Sanitizer & Wipes
- ☐ Prescriptions & Vitamins