



Ultimate Asia Packing List

Asia Travel Store

Essential Documents, Visas & Health Requirements

- ___ Passport + Photocopies
- ___ Visas (if required)
- ___ Vaccination Records (physical or digital copy)
- ___ Health Insurance ID Card
- ___ International Driver's Permit
- ___ SafetyWing Travel Insurance (recommended)

Travel Gear

- ___ Carry-On Size Luggage or Travel Backpack
- ___ Compact Backpack/Daypack
- ___ Packing Cubes
- ___ Waterproof Paper Protectors
- ___ Waterproof Phone Cover
- ___ Quick-Dry Microfiber Towel
- ___ UV Protection Sunglasses

Clothing - What to Pack

- ___ Casual Shirts or Blouses
- ___ T-Shirts
- ___ Lightweight Shorts
- ___ Breathable Pants or Skirts
- ___ Thin Cotton & Poly Socks
- ___ Lightweight & Quick-Dry Underwear
- ___ 2 Swimsuits + Cover-Up
- ___ Rain Jacket or Poncho

Clothing - For the Plane

- ___ Warm-Up Suit (Comfortable Travel Outfit)
- ___ Light Jacket with Zippers
- ___ Hoodie
- ___ Compression Socks
- ___ Foam Earplugs
- ___ Headphones
- ___ Eye Mask (Light-Blocking)
- ___ Baseball Cap or Travel Hat
- ___ Book + Downloaded Music/Video Playlists
- ___ Water Bottle

Footwear

- ___ Comfortable Sneakers or Walking Shoes
- ___ Flip Flops or Sandals
- ___ Low-Cut Trekking Shoes (for hiking/trekking)

Toiletries & Personal Care

- ___ Toothbrush, Toothpaste, Mouthwash, Floss
- ___ Deodorant, Q-tips
- ___ Reusable Travel Bottles (shampoo, conditioner, soap)
- ___ Nail Clippers, Tweezers, Razor with Refills
- ___ Sunblock (reef safe recommended)
- ___ Lip Balm (SPF Preferred)
- ___ Condoms

Personal Items - Women

- ___ Menstrual Products
- ___ Feminine Hygiene Wipes
- ___ Compact Mirror + Basic Essentials
- ___ Travel Hairbrush or Comb
- ___ Personal Safety Gear (whistle mini-flashlight, doorstop alarm)

Tech

- ___ Universal Travel Adapter with USB Ports
- ___ Power Bank
- ___ Unlocked Smartphone & Charger
- ___ GoPro & Charger
- ___ Mini Bluetooth Speaker

Useful Travel Apps

- ___ Bolt/Grab (rideshare)
- ___ Airalo eSim for Affordable Data
- ___ iCloud or OneDrive
- ___ Google Maps
- ___ Google Translate
- ___ Wise (currency exchange)

First Aid & Health

- ___ Mosquito Repellent (with DEET or natural)
- ___ Travel Ready First-Aid Kit
- ___ TUMS & Pepto Bismal
- ___ Tylenol, Aspirin or Pain Reliever
- ___ Cough/Cold Medicine
- ___ Electrolyte Tablets
- ___ Travel Size Hand Sanitizer
- ___ Handi (flushable) Wipes
- ___ Prescription Medications + Daily Vitamins