

Thailand Packing Checklist 2026

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Admin Essentials

- Passport (valid 12+ months, blank pages)
- Visa confirmed (most nationalities: 60-day exemption on arrival)
- Thailand Digital Arrival Card completed (tdac.immigration.go.th)
- Travel insurance (World Nomads or equivalent)
- Flight tickets / e-tickets printed or saved offline
- Hotel confirmation — first night minimum booked
- Vaccinations up to date (Hep A & B, typhoid, tetanus)
- Prescription medicines — full supply
- Credit card + debit card (bank notified before travel)
- Plan for Thai Baht cash (airport ATM or pre-exchange)
- Thai SIM card (pre-ordered or purchase at airport)
- Scans of all documents saved to email / cloud
- Travel wallet or passport holder

Luggage

- Main backpack (30–44L recommended)
- Day pack / small bag for day trips
- Packing cubes (3–4)
- Luggage locks (TSA-approved if routing via USA)
- Waterproof dry bag or zip-lock bags
- Small padlock for hostel lockers

Clothing

- Lightweight t-shirts (moisture-wicking fabric recommended)
- Shorts (sturdy with zip pockets)
- Light trousers — linen or cotton (temples & evenings)
- Sarong (beach towel / temple cover / makeshift pillow)
- Swimwear (2 sets — one to wear, one to dry)
- Light fleece or zip-up (buses, cinemas, and AC interiors are cold)
- Underwear (moisture-wicking recommended)
- Socks — lightweight, 2–3 pairs
- Main walking shoes or sandals
- Evening / smart-casual footwear (rooftop bars etc.)
- Sun hat
- Sunglasses (UV-rated)

Toiletries & Health

- Sunscreen SPF 50+ (whitening-free — bring from home)
- Mosquito repellent, DEET-based
- Insect bite relief cream
- Aftersun / sunburn relief
- Diarrhoea tablets (Imodium or equivalent)
- Antihistamine tablets
- Paracetamol / ibuprofen
- First aid kit (plasters, antiseptic wipes, blister pads)
- Hand sanitiser
- Tissues / pocket toilet paper
- Toothbrush & toothpaste
- Shampoo, conditioner, soap (travel sizes — buy more in Bangkok)
- Deodorant
- Moisturiser (especially for long-haul flight)
- Razor
- Feminine hygiene products
- Condoms
- Wash bag (waterproof, hanging style recommended)

Electronics & Connectivity

- Smartphone + rugged protective case
- Phone charger
- Power bank / portable battery (Anker recommended)
- Universal travel adaptor — Thailand uses Type A, B & C
- Surge protector (if travelling with multiple devices)
- Laptop or tablet (optional)
- Kindle or e-reader
- Camera — compact or GoPro for watersports
- Spare memory cards
- Noise-cancelling headphones or earbuds
- Pocket / keyring torch

Optional But Recommended

- Quick-dry travel towel
- Ear plugs (dorms, night buses, flights)
- Eye mask (flights, dorms)
- Pen — for immigration forms on the plane
- Neck pillow (long-haul flights)
- Water bottle or hydration pack
- Guidebook (Lonely Planet Thailand)
- Bangkok Map (Groovy Map)
- Waterproof phone pouch (essential for Songkran in April)
- Passport photos x2–4 (for onward visas to Laos, Cambodia etc.)