

Thailand Packing List

A complete checklist for your trip — tick off before you leave and as you pack



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BEFORE YOU LEAVE HOME

- ☐ Passport valid 6+ months
Some borders check exactly 6 months from entry date
- ☐ Visa exemption confirmed (30 days)
Reduced from 60 days, Sep 15 2026; extend once for +30 days
- ☐ Thailand Digital Arrival Card completed
Free at tdac.immigration.go.th, up to 3 days ahead
- ☐ Flights booked
- ☐ First night's accommodation booked
- ☐ Travel insurance arranged
- ☐ Vaccinations booked
Hep A and B, typhoid, tetanus; 8 weeks before travel
- ☐ Bank notified of travel dates
- ☐ Document copies saved to cloud
- ☐ eSIM downloaded or SIM plan arranged

LUGGAGE

- ☐ Backpack (30–44L)
Osprey or similar; harness matters past 8kg
- ☐ Day bag / daypack
- ☐ Packing cubes
- ☐ Small dry bag
- ☐ TSA luggage locks

HEALTH AND GROOMING

- ☐ Sunscreen SPF 50+
Bring from home; Thai brands are often whitening-tinted
- ☐ Mosquito repellent (DEET)
- ☐ Diarrhoea treatment
Imodium; most cases pass within 24 hours
- ☐ Hand sanitiser
- ☐ Moisturiser
- ☐ Ear plugs
- ☐ Antihistamines

CLOTHING

- ☐ Moisture-wicking t-shirts
Buy extras locally, under 100 Baht on Khao San Road
- ☐ Shorts with zip pockets
- ☐ Light trousers for temples
Shoulders and knees must be covered to enter
- ☐ Sarong
- ☐ Swimwear (2 sets)
- ☐ Light fleece or zip-up
Thai air conditioning is aggressively cold
- ☐ Walking shoes + sandals
- ☐ Sunglasses (polarized)

ELECTRONICS

- ☐ Universal plug adaptor (Type A/B/C)
Check device is dual-voltage; 220V
- ☐ Rugged phone case
- ☐ Power bank
- ☐ Compact camera or GoPro
- ☐ Kindle

DOCUMENTS AND ESSENTIALS

- ☐ Passport (+ cover with document pockets)
- ☐ Insurance documents
- ☐ Printed tickets and boarding passes
- ☐ Cash — Thai Baht
ATMs charge 250–350 THB per withdrawal; decline conversion
- ☐ Thai phrasebook
- ☐ International Driving Permit
Required to rent a scooter; police do check
- ☐ Emergency bank contact numbers noted

ESSENTIAL THAILAND TIPS

Cash still matters. Many street stalls, markets, and small shops are cash-only despite the modern feel. Keep small bills handy for tuk-tuks and food.

Download Grab first. Covers taxis and food delivery across the country. Uber does not operate in Thailand, so Grab is the default app here.

Dress for temples. The Grand Palace and Wat Phra Kaew enforce a strict dress code, shoulders and knees covered, no exceptions even in the heat.