

## KIT LIST - THAILAND TUK TUK

The kit you take can make the difference between being 'just a trek' or a 'memorable trek'.

Our kit lists are put together with feedback from our own experiences and those of participants who have taken part in our previous trips. The items on this list do not take into account your personal preferences based on your previous experiences, or individual requirements.

PLEASE NOTE: This list is just a guideline and is not exhaustive or take into account personal preferences.

For information about items on this list please refer to the trip dossier or contact The Different Travel Company on [info@different-travel.com](mailto:info@different-travel.com)

\*Please consider eco-friendly or biodegradable options.

ESSENTIAL

SUGGESTED

OPTIONAL

DOCUMENTS + FLIGHT ESSENTIALS	✓
Passport and Copy	
E-Tickets	
Travel insurance	
ATM and credit card (s)	
Cash (£ Sterling)	
Pen for immigration forms	
Sunglasses (preferably polarized)	
Mobile phone + charger	
Driving Licence	
International driving permit	
Camera + spare batteries	

HEALTH AND HYGIENE*	✓
Hygiene kit to include: toothbrush and toothpaste, antiperspirant deodorant, wet wipes, shampoo, conditioner	
Personal first aid kit to include: prescription medicine, insect repellent, ibuprofen, paracetamol, plasters, blister plasters (e.g. Compeed), Imodium, rehydration salts (Dioralyte), antiseptic cream (e.g. Savlon), Anti-histamine cream/tablets, lip balm with SPF protection, zinc oxide tape, nail scissors/tweezers, muscle rub (e.g. Deep Heat)	
Hairbrush/comb	
Feminine care products	

LUGGAGE	✓
Suitcase/large holdall	
Daypack/Hand Luggage (take note of airline dimensions)	
Combination padlocks	

OTHER KIT	✓
Driving gloves	
Sun block (high SPF)	
Toilet bag: toilet paper, wipes, hand sanitiser, nappy sacks	
1 ltr metal/insulated water bottle	
LED head torch + spare batteries	
Adaptor (multi option)	
Ear plugs	
Pyjamas	
Energy food/snack bars	
Swimwear	
Bags for dirty washing	
Spare glasses/contact lenses	
Video camera + charger	
MP3 player/ipod	
Portable power bank	
Books/packs of cards	
Travel pillow	

CLOTHING AND FOOTWEAR	✓
Sturdy trainers	
Lightweight trek trousers (zip off trousers ideal)	
Non-cotton, technical t-shirts	
Non-cotton long sleeved top/shirt	
Trek socks + underwear	
Light poncho/waterproof jacket	
A hoody or light jacket	
Change of clothes for evenings	
Sun hat	
Pashmina/wrap (for temples)	
Casual attire for sightseeing	
Neck cooling 'Cobber' or cooling towel	
Buff ( <a href="http://www.buff.com">www.buff.com</a> )	