

retreat | recreate  
Thailand and Laos 2026  
**PACKING LIST**

**Note:** this is a guide only and is not intended to be a complete personal packing list. Please also refer to the “What to bring” section of the Trip Notes

**Luggage**

- ONE lockable suitcase with wheels **OR** a small-medium sized (40-50 litres) back-pack is ideal.
- A comfortable daypack/bag to carry water, sunscreen, camera etc. for day trips and to function as an overnight bag on Day 4 (main luggage will remain in our vehicle).
- We recommend that you pack as lightly as possible (a maximum of 15kg) at least to start with
- **Note:** Please ensure that your luggage is clearly labelled.

**Travel Documents.**

- Passport - valid for at least 6 months beyond your trip duration, with at least 2 spare pages available (after Thai visa and stamps).
- Visa requirements for Thailand as per your nationality.
- Travel insurance details: including insurer details, 24 hr emergency contact telephone number and policy number (even if you are travelling with credit card insurance).
- Your international vaccination certificate
- Flight tickets, e-ticket
- Trip confirmation voucher – will be issued approximately 1 month prior to departure
- Photocopies of your important documents - to be kept separately from the original documents. We recommend you keep an extra copy at home and also email a copy to yourself.
- Spare passport photos - we recommend you carry more than the one required for the Laos visa
- Cash for your Laos visa fee – approximately USD45

**Money**

- Money – cash/credit cards
- Money belt, pouch or neck wallet
- Calculator (useful when exchanging money) or use smartphone app.
- Please refer to the MONEY section of the TRIP NOTES for more information.

**Note:** Don't forget to advise your bank of your travel dates and destination to avoid having your credit card cancelled when overseas transactions suddenly start appearing on your statement.

**Travel Accessories**

- Reading material
- Water bottle - refill as we travel
- Local language phrase book or use smartphone app
- Mobile phone – please refer to the PHONE & INTERNET section of the Trip Notes.
- Pen & paper or journal/diary
- Travel pillow
- Cloth/reusable shopping bag to reduce plastic - a retreat|recreate cloth tote provided on Day 1
- Electricity in Thailand and Laos - Both flat and round two-pin plugs are used.
- Torch/flashlight – or use smartphone app
- Travel guide book eg. Lonely Planet
- Retractable walking pole/s - Some of our previous guests have found these provide extra stability and support on uneven ground, on rural walks and when we are on our feet all day.

**Sleeping**

- Sleepwear
- Alarm clock – or use smartphone app
- Eye mask
- Ear plugs - particularly if sharing a room
- Sarong – most hotels provide duvets but no top sheet

**Personal Health**

- First aid kit – bandaids, tweezers, bandages etc
- Personal medication/prescriptions
- Prescription glasses/contact lenses & solution
- High protective sunscreen (min. 30+)
- Lip balm/lip salve
- Sunglasses
- Facemasks - N95 or KN95 recommended
- Rapid antigen Covid and Flu A&B tests (RATs) x 2-3
- Insect repellent (DEET based)
- Antihistamine/insect bite cream
- Antiseptic for cuts and scrapes eg. Betadine
- Antibacterial cream/gel/wipes
- Anti-fungal cream
- Pain relief - eg Aspirin, paracetamol
- Anti-inflammatories eg. ibuprofen
- Anti-malarial pill (if recommended by doctor)
- Rehydration powder eg. Gastrolyte, Hydralyte
- Anti-nausea, travel sickness tablets, ginger tablets
- Anti-diarrhoea pills (consult your doctor for advice)
- Anti-constipation tablets
- Travel sickness medication - TravaCalm, Kwell, ginger etc

**NB** – We strongly recommend that you bring ALL items on the above list plus any additional personal requirements. We also request that you carry these items with you at all times during our tour. We are prohibited by law from dispensing any medication including over-the-counter pharmaceuticals. We are also unable to provide enough band-aids, rehydration tablets etc. for the whole group... so please ensure that you bring and carry your own supply of all items listed above.

**Clothing** - Refer also to the **Trip Notes**

Easy to wash and fast-drying clothes are a good choice. Dress conservatively, in comfortable, loose-fitting clothing in light weight, natural fabrics (eg. cotton/voile which breathe in warm weather) and covering upper arms to below knees as a minimum (for modesty, religious respect).

- Long sleeved top for evenings (when mosquitos are out)
- Loose, cotton pants
- Skirts/dress (to mid-calf as a minimum)
- T-shirts/cotton shirts
- Underwear and socks
- Wide brim sun hat
- Light shawl/sarong for visits to religious sites, additional sun protection and in air-con vehicles
- Light-weight waterproof jacket/poncho
- Light cardigan for cooler evenings
- Small umbrella (useful for sun and rain)
- Sandals
- Comfortable walking shoes
- Swimming costume/bathers
- Sarong and/or light top/dress to wear over bathers when not in pool
- Toiletries
- Plastic bags for dirty clothes, wet bathers, shoes etc
- Travel washing line and biodegradable detergent