

Get ready for adventure! Using decades of experience Bold Earth has carefully crafted our packing lists to include everything you need for a successful trip. The varied climates and situations in Thailand require participants to have all items on the equipment list. Participants who arrive without all the necessary equipment are required to purchase missing items. Do not pack more than is on the list. Most items can be bought from Walmart or Target at reduced prices, or borrowed from a friend. Call or email Bold Earth with any questions: 303-526-0806 or [info@boldearth.com](mailto:info@boldearth.com). We are always available to help. **\*\*Click on the BLUE TEXT or IMAGES for suggested clothing and equipment.\*\***

## REQUIRED EQUIPMENT



- \_\_\_\_\_ **Duffel Bag/Suitcase:** We suggest a durable bag approximately 36"x18" or smaller. Wheels optional.



- \_\_\_\_\_ **Daypack:** Bring one large "school type" daypack to be used during the day to carry personal items.



- \_\_\_\_\_ **Sleep Sheet:** This is different from a sleeping bag. It is your own sleep sheet to use as a liner for your hotel or hostel bed.



- \_\_\_\_\_ **2 Water Bottles:** one-liter bottles



- \_\_\_\_\_ **Head Lamp & Batteries**

## REQUIRED DOCUMENTS



- \_\_\_\_\_ **Passport:** Passport must be valid for 6 months after the trip. Please bring 2 photocopies of the passport and leave an additional copy at home.

## REQUIRED CLOTHING

**CLOTHING:** You need a one-week supply of clothing. We will wash laundry weekly. We recommend some quick drying, non-cotton shirts and shorts.

### Inner layer

- \_\_\_\_\_ One week supply of underwear  
\_\_\_\_\_ Pajamas

### Middle layer

- \_\_\_\_\_ 3 pairs of shorts (one pair synthetic)  
\_\_\_\_\_ 6 short-sleeve shirts: synthetic / wool / cotton  
\_\_\_\_\_ 2 long-sleeve shirts  
\_\_\_\_\_ 2 pairs of jeans or khakis  
\_\_\_\_\_ 2 swimsuits  
\_\_\_\_\_ 2 below-knee length skirts for girls

### Outer layer

- \_\_\_\_\_ **Medium weight rain jacket**

### Head & Hands

- \_\_\_\_\_ Baseball style cap

### Footwear

- \_\_\_\_\_ 2 pairs of **wool or synthetic hiking socks**  
\_\_\_\_\_ 6 pairs athletic socks  
\_\_\_\_\_ **Sandals** that secure around your ankles (Tevas/Chaco's)  
\_\_\_\_\_ Sneakers/running shoes

### Miscellaneous

- \_\_\_\_\_ SPF 30+ sun screen, chapstick  
\_\_\_\_\_ Personal toiletries (teeth etc.) meds, bandanna  
\_\_\_\_\_ Two medium towels  
\_\_\_\_\_ Sunglasses with a **secure strap**  
\_\_\_\_\_ Watch with an alarm clock

### Optional, But Highly Recommended

- \_\_\_\_\_ Camera (Phone & camera must be separate)  
\_\_\_\_\_ Watch, Book, Journal  
\_\_\_\_\_ Camp pillow  
\_\_\_\_\_ Laundry bag  
\_\_\_\_\_ Flip Flops

# Important Information Regarding Your Trip - PLEASE READ THIS!

**Buying Guide:** The packing list above is mandatory for your trip; however, the linked items are just shopping recommendations. Gear bought at Target or Walmart will work. Backpacks, sleeping bags, and sleeping pads may be purchased from an outdoor store that has tested gear for varied environments. More generic gear such as mess kits, duffel bags, etc. can be bought relatively inexpensive at Target, Walmart, etc. Feel free to find the gear that suits you and your budget best. The Bold Earth office welcomes and expects questions about packing and equipment!

**Expectations:** Thailand's Best is a physically, mentally, and culturally demanding trip. We will expect you to be open to the Thai culture and food. It is essential that we have a flexible attitude and behave with cultural sensitivity in order to make a good impression as guests.

**Identification:** A [Passport](#) valid 6 months beyond intended stay is required. Passports will be held for you by your Trip Leader. A Travel Permission Slip is MANDATORY (available online 3 weeks before your trip).

**Weather:** This time of year is Thailand's rainy season. Be prepared for hot, humid, and wet weather. Thailand temperatures can range from 70°F to 100°F.

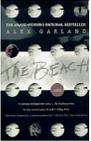
**Spending Money:** EVERYTHING IS INCLUDED. Cash plus an ATM or Credit Card is best! We suggest bringing approximately \$75 per week. This is for personal expenses, baggage fees, gear replacement and gifts. Cash can be exchanged for local currency either ahead of time through a currency exchange service or bank, or at the airport upon arrival. If you run out of money, **you have spent too much.** Unless there is an emergency, **Bold Earth will not advance money.**

**Baggage Fees:** Each airline has different fees for checked baggage. Save or bring cash for the end of the trip to check your bags home. Before arriving at the airport, check the baggage policies for your reservation. If you have difficulty locating this information, the Bold Earth team will be happy to assist you!

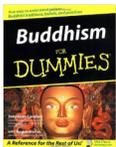
**Laundry:** We visit laundromats weekly. You will wash your own clothes - we provide the suds, coins and know-how. Many participants have identical jeans, socks, hiking boots, etc. A good practice is to put your name on items which are not unique to you.

**Trip Journal:** Bring along a notebook to record the challenges and successes of your adventure.

**Suggested Reading List:** The people, places and activities you will encounter on your trip are diverse and incredible. Following are a few books we suggest before, during or after your adventure. Also, you might like to read Outside Magazine, Backpacker Magazine, Climbing Magazine, Rock & Ice or Trilogy Magazine, available everywhere. For additional adventurous reading, check out [Extreme Classics: The 100 Greatest Adventure Books of All Time](#).



**The Beach** by Alex Garland. The Khao San Road, Bangkok--first stop for the hordes of rootless young Westerners traveling in Southeast Asia. On Richard's first night there, in a low-budget guest house, a fellow traveler bequeathes to Richard a meticulously drawn map to "the Beach." The Beach, as Richard has come to learn, is the subject of a legend among young travelers in Asia: a lagoon hidden from the sea, with white sand and coral gardens, freshwater falls surrounded by jungle, plants untouched for a thousand years. There, it is rumored, a carefully selected international few have settled in a communal Eden. Haunted by the image of paradise and his own obsession with Vietnam movies, Richard sets off with a young French couple to an island hidden away in an archipelago forbidden to tourists.



**Buddhism For Dummies** by Jonathan Landaw. What's the significance of Buddha? How can the practice of Buddhism enrich our never-ending hectic lives? Discover what it means to be a Buddhist in everyday life and in everyday lands in this fascinating Eastern religion. Buddhism For Dummies offers a clear, straight-forward road map that will aim to answer the fundamental questions, issues, and conflicts that arise daily. Readers will gain an understanding of what is Buddhism?, How to become a Buddhist? Explore the 2,500-year history, and learn about the most prominent Buddhist leader of our time, the Dalai Lama. Buddhism For Dummies will also touch on daily observances, celebrations, styles, practices, meditation and more!



**Thailand: A Short History** by David Wyatt. An easy read providing a general historical account of Thailand in the latter half of the 20th century. This highly acclaimed book, the standard history of Thailand for almost twenty years, has now been completely revised by the author. David K. Wyatt has also added new sections examining the social and economic changes that have transformed the country in the past two decades.