# Thailand: Tham Dee Dai Dee PACKING LIST

## BACKPACK/LUGGAGE - KEEP WEIGHT LIMITS IN MIND!

<table>
<thead>
<tr>
<th>Qty</th>
<th>Description</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Large rolling duffel bag or suitcase</td>
<td>Approx. 7800 cubic inches or 12”x24”x36”</td>
</tr>
<tr>
<td>1</td>
<td>Large size day pack</td>
<td>ie: your school book bag</td>
</tr>
</tbody>
</table>

## SLEEPING GEAR

<table>
<thead>
<tr>
<th>Qty</th>
<th>Description</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Clothes for sleeping in</td>
<td>Sweats or shorts and t-shirt</td>
</tr>
</tbody>
</table>

## CLOTHING

You may already own many of the items on this list. Clothing will receive hard use. We strongly recommend you borrow what you do not already have from friends or relatives, or bring old or used gear. All of the items listed below should be brought on your program. If you are missing gear, you may not be able to participate on a section of a program. **PLEASE NOTE: Thailand is a very conservative country and dressing conservatively and modestly IS A MUST. NO MIDRIFF BEARING TOPS OR TANK TOPS ALLOWED. SHIRTS MUST COVER SHOULDERS.**

### CLOTHING - UPPER BODY

Modest, comfortable and conservative clothing is best, especially for travel/service days.

<table>
<thead>
<tr>
<th>Qty</th>
<th>Description</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>2-3</td>
<td>Nice outfit</td>
<td>For teaching in the school and village celebrations. Khaki or black slacks/pants, button up collared shirts, knee length or below skirts/dresses, nice button up blouse, closed toe shoes</td>
</tr>
<tr>
<td>2</td>
<td>Work shirts</td>
<td>Old clothing you don’t mind getting dirty</td>
</tr>
<tr>
<td>1</td>
<td>Thermal underwear top</td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>Lightweight &quot;quick dry&quot; shirts</td>
<td>At least 1 long sleeve if you are prone to sunburns or skin irritation.</td>
</tr>
<tr>
<td>1</td>
<td>Set lightweight rain gear with hood</td>
<td>Jacket and pants</td>
</tr>
</tbody>
</table>

### CLOTHING - LOWER BODY

Modest, comfortable and conservative clothing is best, especially for travel/service days.

<table>
<thead>
<tr>
<th>Qty</th>
<th>Description</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>4</td>
<td>Lightweight pants</td>
<td>Nylon or similar lightweight long pants. Essential for elephant camp service project.</td>
</tr>
<tr>
<td>10</td>
<td>Pairs underwear</td>
<td>Quick dry is ideal</td>
</tr>
<tr>
<td>3</td>
<td>Shorts</td>
<td>At least one pair quick dry short. NO SHORT SHORTS! Must be knee length or longer</td>
</tr>
<tr>
<td>3</td>
<td>Long skirts or sarongs</td>
<td>Calf length or longer</td>
</tr>
<tr>
<td>1</td>
<td>Swimsuits</td>
<td>Activity appropriate swimwear required. Must fit correctly and be modest in style.</td>
</tr>
</tbody>
</table>
# Thailand: Tham Dee Dai Dee PACKING LIST

## CLOTHING - FOOTWEAR
- **1 Pair sandals with snug heel straps**
  - *i.e. Tevas, Chacos, Keens or similar*
- **1 Pair of sneakers**
  - *Will get dirty!!*
- **1 Pair nice shoes for teaching**
  - *Closed toe with a back. Sandals and sneakers are not appropriate.*
- **4 Pairs of cotton socks**
  - *Quick dry is ideal*
- **3 Pairs of short ankle socks**

## CLOTHING - HEAD and HAND
- **1 Sun/rain hat with a brim**
  - *Baseball hat is fine*

## PERSONAL GEAR
- **1 Dark Lens sunglasses**
  - *UV resistant*
- **2 One Liter durable water bottles**
- **1 Bandana or Buff**
- **1 Headlamp**
- **any Extra batteries**
  - *For headlamp, camera, etc*
- **1 Notebook or journal and pen/pencil**
- **1 Prescription glasses or contacts**
  - *REQUIRED: Extra pair of glasses & copy of eyeglass RX*
- **2 Copies of your passport**
  - *Keep in separate, safe places.*
- **1 Wristwatch with alarm**

## TOILETRIES
- **1 Insect Repellent**
- **1 Sunscreen SPF 30+**
- **1 Lip Balm SPF 30+**
- **1 Soap**
  - *Small travel bottle*
- **1 Shampoo**
  - *Small travel bottle*
- **1 Toothbrush & Toothpaste**
- **1 Deodorant**
- **any Feminine sanitary products**
- **2 Alcohol-based hand sanitizer**
  - *2 large bottles*
- **1 Moisturizing lotion**
  - *Optional*
- **1 "Quick Dry" towel and washcloth**
  - *Very important*
- **4 Ziploc bags**
  - *Gallon size and quart size (four each)*
Thailand: Tham Dee Dai Dee PACKING LIST

### OPTIONAL GEAR
- **Camera, waterproof bag, addl battery**: Thai Travel Plug Adapter (Type O)
- **Sketchbook, novel, reading materials**
- **Deck of cards, travel games**: For personal use in airports and during downtime

### Before You GO…
**BE SURE YOU HAVE THE FOLLOWING ITEMS WITH YOU OR IN YOUR CARRY-ON BAG**
*Never check items you can’t afford to lose! You should use your daypack to carry on important items including:*

<table>
<thead>
<tr>
<th>Item</th>
<th>Item Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Identification</td>
<td>ID and passport/visa (if needed)</td>
</tr>
<tr>
<td>Medication</td>
<td></td>
</tr>
<tr>
<td>Camera</td>
<td></td>
</tr>
<tr>
<td>Fleece or warm layer for cold flights</td>
<td></td>
</tr>
<tr>
<td>Toiletries</td>
<td>Enough for 1-2 nights in the case of lost luggage</td>
</tr>
<tr>
<td>Water Bottle</td>
<td></td>
</tr>
<tr>
<td>Snacks</td>
<td>In case of delays or cancellations</td>
</tr>
<tr>
<td>Fully charged phone and charger</td>
<td>For communication in case of delays or cancellations</td>
</tr>
<tr>
<td>Contact Phone numbers!!</td>
<td>For communication in case of delays or cancellations</td>
</tr>
</tbody>
</table>

### WHAT NOT TO BRING - THIS IS SERIOUS
*The following items SHOULD NOT be brought on the trip.*

<table>
<thead>
<tr>
<th>Item</th>
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</tr>
</thead>
<tbody>
<tr>
<td>any iPods, Tablets, e-readers, game devices</td>
<td>ELECTRONICS ARE NOT ALLOWED (except cameras)</td>
</tr>
<tr>
<td>any Valuable or sentimental jewelry</td>
<td></td>
</tr>
<tr>
<td>any Irreplacable items</td>
<td></td>
</tr>
<tr>
<td>any Midriff-Bearing or Revealing Tops</td>
<td>ALL CLOTHES MUST BE MODEST</td>
</tr>
<tr>
<td>any Short Shorts</td>
<td>ALL CLOTHES MUST BE MODEST</td>
</tr>
<tr>
<td>any Potentially offensive language clothing</td>
<td>ALL CLOTHES MUST BE MODEST</td>
</tr>
<tr>
<td>any OVER WEIGHT LUGGAGE</td>
<td>RLT is NOT responsible for overweight luggage fees</td>
</tr>
</tbody>
</table>

** Please read the information on the reverse side for helpful guidelines on gear and packing.
GENERAL GUIDELINES FOR GEAR

WHERE TO SHOP

There are many places to purchase your gear and clothing for your trip including traditional stores and online shops. It is easy to buy clothing and accessories online, but if you are buying boots and a backpack we recommend that you go to a store rather than shop online as it is next to impossible to get the exact fit you need without trying on these items. An excellent fit is critical to your comfort.

REI is one of the leading national sellers of quality gear and hiking boots. Visit www.rei.com to view their inventory and find the store nearest you. Other store options include Eastern Mountain Sports (EMS), North Face, and Patagonia. When going to a store take this equipment list with you and feel free to call us 773.342.5200 if you have any questions while at the store. You can find great deals online at: www.sierratradingpost.com, www.backcountry.com and www.campmor.com. For many items on this list, it is not necessary to shop at these stores; stores like Target and TJ Maxx sell many of these items, such as “quick dry” fabrics, at discounted prices. You should not feel the need to buy name brand clothing. Please call us if you need suggestions for alternative gear.

PACKING FOR YOUR TRIP

All gear should be packed into the duffel bag or your suitcase. Your duffel should be soft and large enough to carry all of the gear listed. Pack by category in labeled stuff sacks or packing cubes so you don’t have to constantly pack and repack. **Never check items you can’t afford to lose.** You should use your daypack to carry on important items including identification, medication, passports, visas, cameras, etc. Please remember that new security measures limit passengers to only one carry-on. Please review the latest security measures regarding carry-on luggage at www.tsa.gov.

Bring clothes you feel comfortable in, can properly focus and work in, and that do not draw undue attention to you. Modest, conservative clothing is especially important for interacting with community members- absolutely no midriff bearing tops, revealing shirts, or anything with potentially offensive language. It’s also a good idea to carry on to the plane toiletries, a fleece, a water bottle, and a rain jacket, in case delays or cancellations occur.

SLEEPING GEAR (As Needed)

Sleeping pad: Should be closed-cell foam (e.g. enсолite) and 3/8” thick. Therm-A-Rest pads (inflatable) are also excellent but weigh a little more. Length should be 3/4 or full body length. These are used for padding and insulation between the sleeping bag and the ground. If you bring a Therm-A-Rest, consider bringing a patch kit as they are prone to leaks.

Sleeping bag: Either down filled or synthetic-filled bags (Qualofil, Holofil Fiberfill, Polarguard).

Sleeping bag stuff sack: Even if your pack has a compartment for your sleeping bag, you will need a stuff sack for travel and front-country days. Make sure your stuff sack is the right size for your sleeping bag. We recommend compressible stuff sacks!

COTTON, WOOL AND FLEECE

Cotton is comfortable, but provides little warmth. Cotton long underwear is virtually worthless when it is cold out. It absorbs moisture, which then cools the skin. Your comfort and safety depend on your clothing’s ability to keep you warm and dry. In other words, leave your cotton long underwear at home.

Polypropylene/Capilene® and other synthetic fabrics act much like wool and are ideal for undergarments. They are warm, light and more comfortable on the skin than wool.

Wool maintains its ability to insulate even when wet because it wicks moisture away from the skin. Polyester fleece acts in much the same way as wool and has been fashioned into comfortable sweaters, jackets, and just about anything else you can imagine.

RAIN GEAR

Good rain gear is a must - hoods required! There is a vast selection of clothing available designed to shed wind and rain. Whether it is made of coated nylon or a material with a breathable laminate (e.g. Gore-Tex), a good rain jacket is light, comfortable, durable, and keeps the rain out. Plastic is not acceptable rain gear. **Make sure you choose a waterproof option, not just water repellent.**
**THAILAND SPECIFIC DETAILS & CLARIFICATIONS**

**Business Casual clothes for teaching:**

School is formal in Thailand. Boys should have collared shirts and slacks (no shorts or jeans); Girls can either have slacks and nice shirts (with a collar) or skirts/dresses that cover shoulders and are at least knee-length. Also make sure that shirts are not wide neck or low cut.

**Teaching Shoes:**

You should have closed toed shoes with a back for teaching. Sandals and sneakers (even nicer ones) are not appropriate for school.

**Watch with an alarm:**

There may not be clocks in hotel rooms so to ensure you are on time for group programming please bring a watch! You can also buy inexpensive ones in country but the quality will be much better if you buy them before you come.

**Long Pants:**

For the elephant camp service project, long pants are essential for protecting your legs from grass cuts and insects. Lightweight/Quick Dry trekking pants are ideal.

**Long-Sleeved Work Shirt:**

For the elephant camp service project, long sleeves are ideal for protecting your arms from grass cuts and insects.

**Boots or Work Shoes:**

Your shoes will be destroyed at the elephant camp. Either bring sturdy boots that can stand up to the wear and mud, or bring an old pair of sneakers that you don’t want to keep after the program.

**Temple Dress Code:**

Everyone must cover their legs to the mid-calf, their shoulders, and midriffs. No wide neck t-shirts. There are individuals who will prevent people from entering the temples if they are not dressed appropriately. Leggings are also not appropriate for visiting temples.

**Shorts:**

If you bring shorts make sure that they are at least finger-tip length when you have your arms by your side. These are fine for the beach and for walking around markets. For visiting Temples your knees must be covered (men and women) so you can wear longer shorts or capris OR bring a sarong (also available to purchase here) to tie around you when entering temples.

**Teaching Service Component:**

While in Bangkok, you will have the opportunity to teach for an entire week of school. Our service will take place from 8 AM - 11:30 AM and you will be teaching 3 English classes that are each an hour long. You’ll be teaching in groups of 3 or 4 with other students on the trip. We’ll be facilitating a lesson planning session prior to visiting the schools so don’t worry if this is all new to you! If you do want to get a head start on this you can research some simple language learning games and activities geared towards primary school (1-6 grade). Think about activities and games you’ve used in your own language classes in school.