

Checklist for May Term Thailand Trip

Documentation to take

- Passport
- Copy of flight itinerary/trip itinerary (paper or electronic)
- At least one credit card for emergencies
- Bank/ATM card
- Identification (Driver's license or other official ID)
- University ID or student ID
- Emergency contact information
- Eyeglass prescription (if applicable)
- Medication prescription (if applicable)
- Copies of all of the above separate from the real documents
- List of phone numbers/contacts for credit cards separate from real documents
- Health insurance documentation

Medication and Toiletries

- Over-the-counter antidiarrheal medication (Pepto Bismo and Immodium)
- Oral antihistamine (Benadryl or similar medication)
- Anti-itch cream (1% hydrocortisone or Benadryl cream)
- Decongestant, alone or in combination with antihistamine
- Acetaminophen, aspirin, ibuprofen, or other medication for pain or fever
- Mild laxative and/or fiber supplements
- Antacid
- Anti fungal and antibacterial ointments or creams
- Aloe gel or similar ointment for sunburns
- Basic first-aid items (band aids, alcohol wipes, gauze, tape, etc.)
- Antibiotic for self-treatment of moderate to severe diarrhea
- Insect repellent (one containing at least 30% DEET, NOT an aerosol)
- Sunscreen (high SPF)
- Toothbrush
- Comb/Brush
- Hand sanitizer
- Nail clippers/nail file
- Tweezers
- Prescription medication (if applicable)
- Contact lens solution and supplies (if applicable)
- Motion sickness medication or supplies (if applicable)
- Feminine hygiene products (if applicable)
- Vitamins or other dietary supplements (if applicable)
- Epi-pen (if suffering from severe allergies)
- Antimalarials (if traveling to a malaria-endemic country afterwards)
- Any toiletry that you HAVE to have a specific brand of
- Sleep aid such as Ambien (optional)

Clothing

7-8 days worth of clothing

- Shorts and long pants (nothing too short or too revealing)
- T shirts and tank tops
- Short sleeve button down or polo shirts (versatile, so they can be used for many occasions)
- Skirts or dresses
- At least one LIGHT sweater, sweatshirt, or fleece
- Underwear for 7-8 days
- Bathing suit
- 1 set of "nicer" clothing (shirts and pants/skirts for a nice dinner, etc.)
- Socks/nylons
- A long scarf/shawl (or you can get one there)
- Sensible shoes (tennis shoes or lightweight hiking shoes that can double as nicer shoes)
- For women: a nicer sandal/shoe that has a back strap
- Flip flops or Chaco/Teva-style sandals (or buy them there)
- Sunglasses
- Sun hat
- Bandanas or Buffs
- Work gloves
- Rain gear (lightweight waterproof shell or poncho)

Personal items

- Journal
- Pens or pencils
- Portable alarm clock (Your cell phone works well for this)
- Smart phone or MP3 player with charger/batteries
- Headphones
- Camera with memory and charger/batteries (or use your smart phone)
- Books/Kindle for leisure reading
- Earplugs/eyemask for sleeping
- Guidebook
- Phrasebook
- Small daypack/courier bag (doubles as carry-on)
- Small multi-tool or knife (do not put it in your carry-on!)
- Several small and large Ziploc bags
- Garbage bags or stuff sacks
- Travel wallet/hanging wallet
- Small pillow for plane/van rides
- Small repair kit (some zip ties, duct tape, small sewing kit, etc.)
- Small headlamp/flashlight
- Sleeping bag liner or travel sheet
- Towel (preferably a microfiber travel towel)
- Prescription glasses (if applicable)
- Gift for host family
- Auxiliary battery

THINGS TO DO BEFORE LEAVING

- Call credit card and ATM card companies to let them know where you're traveling
- Make sure you have money in your account
- Make sure you memorized your PIN number for your ATM card
- Upload copies of documentation on Dropbox or other password-protected Cloud drive
- Turn in your assignments on Canvas
- Make sure your apartment/house/dorm room is secured
- Get vaccinations
- Let people know about our Instagram/Facebook/Twitter/Blog accounts
- Make sure all academic details for the semester are settled
- Share your Thai phone number with family and friends
- Get a ride to the airport

Leave these documents with someone at home (and upload onto Cloud drive)

- Copies of all documentation you are taking
- Copy of flight itinerary
- Copy of trip itinerary
- Contact information at Westminster College
- Contact information in Thailand (phone #'s for Noi, Becky, Peter, Han, and yourself)