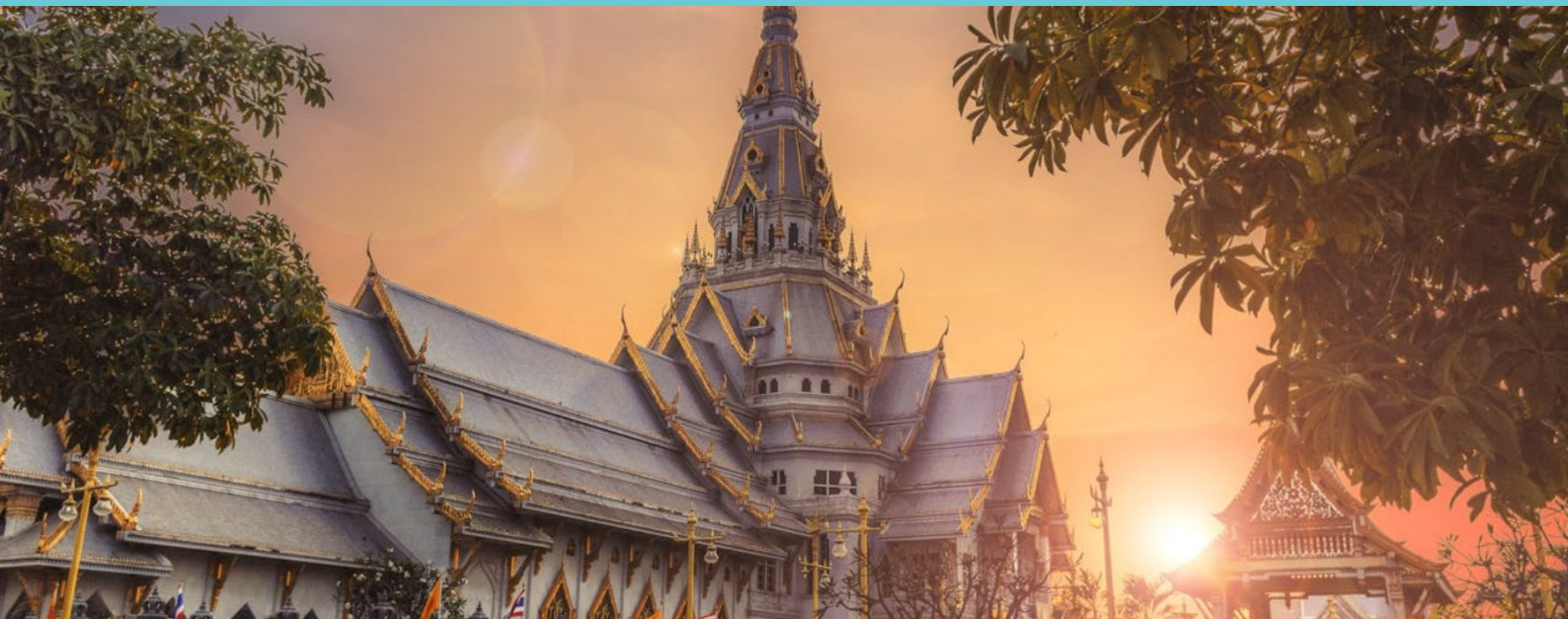




YOUR PACKING GUIDE

Asia

Temples, street food, mountain tea estates and island beaches, often all in one journey. A little planning makes moving between them effortless.

GOOD TO KNOW

Dress for temples

Cover shoulders and knees, and wear shoes that slip on and off easily, as you will remove them often. A light scarf or sarong is invaluable.

Plan for the monsoon

Rainy seasons vary across the region, so a light rain jacket or compact umbrella is worth packing.

Onsen etiquette

In Japan, some hot springs do not admit guests with tattoos, so do ask me if this applies.

Check your medication

Some common medicines, including certain cold and allergy remedies, are restricted in countries such as Japan and Singapore. The FCDO travel advice lists the rules.

Air-conditioning can be chilly

Carry a light layer for trains, flights and restaurants.

Your full checklist is on the following pages. Happy packing!

TRAVEL DOCUMENTS

- ☐ Passport, valid for at least six months after you return, with two blank pages
- ☐ Photocopies of passports, kept separately (and saved on your phone)
- ☐ Visas, eVisas or entry forms, with any supporting documents
- ☐ Flight tickets and boarding passes
- ☐ Hotel and transfer vouchers, downloaded in your Liv& Travel app
- ☐ Travel insurance policy and 24-hour emergency number
- ☐ Two bank cards and a little local currency
- ☐ Driving licence, and diving certification if you dive
- ☐ Vaccination records
- ☐ Emergency contacts, and a note of any allergies

CLOTHES, SHOES & ACCESSORIES

- ☐ Light, breathable cotton and linen
- ☐ Modest outfits for temples (shoulders and knees covered)
- ☐ Scarf or sarong
- ☐ Slip-on shoes
- ☐ Comfortable walking shoes
- ☐ Light rain jacket or umbrella
- ☐ Smart-casual evening wear
- ☐ Swimwear
- ☐ A light layer for air-conditioning
- ☐ Sun hat and sunglasses
- ☐ Underwear and nightwear

ESPECIALLY FOR YOUR JOURNEY

- ☐ Tissues and hand sanitiser
- ☐ Small change for tips
- ☐ Insect repellent
- ☐ Packable tote for markets
- ☐ Binoculars for wildlife
- ☐ Waterproof phone pouch

ELECTRONICS

- ☐ Smartphone and charger
- ☐ Camera or GoPro, spare batteries and memory cards
- ☐ Universal travel adaptor
- ☐ Power bank
- ☐ Noise-cancelling headphones
- ☐ Tablet, Kindle or laptop, and chargers
- ☐ Waterproof phone case
- ☐ A multi-port USB charger

FOR THE JOURNEY

- ☐ Neck pillow
- ☐ Eye mask and earplugs
- ☐ Lightweight blanket or scarf
- ☐ Compression socks for long flights
- ☐ Reusable water bottle (empty for security)
- ☐ Flight snacks
- ☐ Travel notebook and pen
- ☐ Hydrating face mist and lip balm
- ☐ A change of clothes in your hand luggage

TOILETRIES

- ☐ Toothbrush and toothpaste
- ☐ Shampoo and conditioner
- ☐ Body wash or soap
- ☐ Deodorant
- ☐ Hairbrush or comb, and hair bands
- ☐ Razor and shaving cream
- ☐ Feminine hygiene products
- ☐ Contact lenses and solution, or glasses
- ☐ Make-up and grooming products
- ☐ Skincare and nail care
- ☐ SPF for face and body
- ☐ After-sun or aloe vera gel
- ☐ Clear 100ml liquids bag for hand luggage

MEDICATION & FIRST AID

- ☐ Prescription medication in original packaging, with a copy of the prescription
- ☐ Pain relief
- ☐ Daily supplements
- ☐ Rehydration sachets and anti-diarrhoea tablets
- ☐ Travel sickness remedies
- ☐ Antihistamines
- ☐ Insect repellent and after-bite
- ☐ Plasters and blister plasters
- ☐ A small first-aid kit
- ☐ Hand sanitiser

LIV & TRAVEL ESSENTIALS

- ☐ Liv& Travel wash bag
- ☐ Airalo eSIM, set up before you leave
- ☐ AirFly Bluetooth adapter for in-flight screens
- ☐ TSA-approved luggage locks
- ☐ Solis portable Wi-Fi hotspot
- ☐ Personal air purifier
- ☐ Dyson Airwrap
- ☐ DJI Mini drone (check local drone rules first)

BEFORE YOU LEAVE HOME

- ☐ Check the latest FCDO travel advice
- ☐ Let your bank know you are travelling
- ☐ Check in online as soon as it opens
- ☐ Download your itinerary and boarding passes to use offline
- ☐ Share your itinerary with family at home
- ☐ Set an out-of-office
- ☐ Arrange care for pets and plants
- ☐ Unplug appliances and lock up

ANYTHING ELSE

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____