

# WANDER WITH LAURA



## THE ULTIMATE PACKING LIST FOR BACKPACKING SOUTH EAST ASIA

### Clothes

- 4 dresses
- 4 vests
- 2 t shirts
- 3 pairs of shorts
- 1 pair of leggings
- 1 pair of elephant pants
- 1 cardigan
- 1 kimono
- 1 beach cover up
- 1 hoodie (extra jumper for colder countries)
- 1 rainproof jacket (foldable)
- 1 exercise / gym gear
- 2 bikinis
- 2/3 bras and at least 10 days of knickers
- 3 pairs of socks (more if you're hiking often)
- 1 cap
- 1 pair of flip flops
- 1 pair of trainers

### Toiletries

- Sunscreen
- Insect repellent
- Shampoo and conditioner
- A razor
- Face wipes
- Deodorant
- Contact lenses and solution
- Medicines including: painkillers, rehydration sachets, Savlon, diarrhoea tablets, any contraceptives or prescriptions
- Bobbles and hairclips

- Nail kit
- Plasters
- Make up brushes
- A nail polish
- Jewellery box
- Basic makeup items. Suggested: light foundation or BB cream (SPF included), concealer, palette including a few different eye shades that can double as eyebrow powder, mascara

### **Miscellaneous items**

- A portable hairdryer
- Straighteners
- Portable speaker
- Small drawstring bag with cables and chargers
- Hairbrush
- Small evening bag