



Your trip to Southeast Asia is just around the corner.

Along with a healthy dose of excitement,
here's what you'll need to bring.



Clothing and accessories

- Comfortable close-toed shoes
- Water shoes (if doing water activities)
- Long and short-sleeved shirts
- Shorts
- Pants/jeans
- Socks and underwear
- Sweatshirt
- Swimsuit
- Pajamas
- Quick-dry clothing (for after water activities)
- Hat (for sun protection)
- Raincoat/poncho
- Sunglasses
- Watch
- Small daypack
- Quick-dry towel
- Electronic chargers for your personal devices
- Power adapter (Vietnam has type A, C, and F sockets and a standard voltage of 220V. Cambodia has type A, C, and G sockets and a standard voltage of 230V. Thailand has type B sockets and a standard voltage of 220V.)

Documents

- Passport and copy of passport
- Visas (if applicable for non-U.S. citizens)
- Copy of itinerary (including hotels, flights, and EF emergency number)
- Copy of any necessary prescriptions
- List of contacts and addresses (to send postcards home!)

Money

- U.S. dollars or Dong for Vietnam, Riel for Cambodia, and Baht for Thailand in cash (While USD is usually accepted in Thailand, Cambodia, and Vietnam, money exchange is still recommended. Small bills are preferred. ATMs are infrequent, so bring what you think you'll need.)
- ATM/debit card as back up (notify your bank prior to departure)
- Personal credit card (notify your bank prior to departure)
- Secure pouch for storing money and passport

Toiletries

- Toothbrush and toothpaste
- Shampoo and conditioner
- Soap
- Deodorant
- Hairbrush/comb
- Sunscreen
- Bug spray
- Extra contact lenses/glasses
- Medications (Be sure to carry them with you on the plane and keep them in the original container. A customs official may want to check that the container's contents match its label.)
- Wet wipes or antibacterial hand sanitizer

Travel tips:

- ✓ Pack light—you'll be responsible for loading your own luggage on and off buses (one small carry-on and your EF backpack should be enough)
- ✓ Pack valuables, medications, and an extra change of clothes in your EF backpack as a carry-on
- ✓ Keep in mind, many airlines now charge for additional luggage