

THAILAND CHECKLIST

BEFORE YOU GO

Tickets, money, passport! Your essential Thailand to-do list and packing list.

To do

- ☐ **Passport:** Is it up to date? It must be valid for at least six months from your date of entry into Thailand.
- ☐ **Visa requirements:** Do you have a return or onward ticket within 30 days of entry?
- ☐ **Vaccinations:** Have you checked which shots you may need?
- ☐ **Travel insurance:** Are you covered?
- ☐ **Safety:** Have you registered your travel plans with smartraveller.gov.au and checked the latest safety advice on the region you're travelling to?
- ☐ **Money:** Have you told your bank you're going overseas and do you know how you'll be paying for things in Thailand?
- ☐ **Booking:** Have you booked accommodation for at least the first night?
- ☐ **Transport:** Do you know how you'll get from the airport to your accommodation?
- ☐ **Getting around:** Do you know how you'll get around, and do you need to pre-book any tickets?
- ☐ **Driving:** If you're planning on driving a car or motorcycle, do you have the appropriate international licence, the appropriate travel insurance, and are you familiar with the local road rules?
- ☐ **Phone:** Have you switched off data roaming and voicemail? If you're planning to use a local or travel SIM, is your phone unlocked?
- ☐ **Apps:** Have you downloaded offline maps, travel apps or the [CHOICE Thailand travel guide](#) onto your mobile?
- ☐ **Medication (see over):** Have you checked that your regular medication is legal to bring into Thailand?

To pack

- ☐ [Tickets](#)
- ☐ [Money](#) (cash and cards)
- ☐ [Passport](#)
- ☐ A copy of your [travel insurance](#) details
- ☐ A list of [emergency contacts](#) at home and in Thailand
- ☐ Chargers and an [adapter](#)
- ☐ [Mosquito repellent](#) and mosquito-proof clothing
- ☐ [Modest clothing](#) for visiting villages, towns and mosques
- ☐ Any regular medication - in original packaging, with prescriptions (see warning below)

IMPORTANT:

Thailand has very strict drug laws. A number of medications available in Australia, including some cold and flu drugs, strong painkillers and medication used to treat ADHD, are classed as narcotics or psychotropic substances under Thai law. If you're in any doubt, check with the [Thai embassy](#). The Food and Drug Administration of Thailand has a [list](#) of controlled substances, some of which may be allowed into the country if you follow the correct procedures.

Tip: No matter where you travel, you should carry all medications (even vitamins) in their original packaging, along with their original prescription. It's also a good idea to carry a letter from your doctor explaining what the medications are (using generic names), what they're for and dosage instructions.

