

The “What NOT to bring to Thailand” -list

⊗ *Towels*

The vast majority of the accommodation types found in Thailand provide towels. If they don't or in case you need an extra one, towels are not hard to come by.

⊗ *Mosquito repellent*

You can find mosquito repellent in every single convenience store, pharmacy, and supermarket in Thailand. If they don't have it at your beach bungalow resort, they can definitely advise you where to find it. Or they might even have homemade herbal mosquito repellent.

⊗ *Mosquito net*

At resorts where mosquito nets are needed, you can be 99% sure they already found out. And hopefully they have taken measures to alleviate the problem by, for example, setting up mosquito nets in the rooms. Should a few annoying mosquitoes enter your room, then you can use your locally bought repellent, shower before going to bed - yes, mosquitoes are attracted to smelly feet. or even try one of the anti mosquito apps - yes, there are apps with ultra-sonic sound which is supposed to scare away insects.

⊗ *The medicine cabinet*

You can find all ordinary medicines like painkillers, stomach relief tablets, rash medicine, and various bandages locally. And there is a good chance that a local pharmacist or doctor knows better how to identify and treat your insect bite or other ailment than your hometown doctor, who last studied tropical diseases in grad school 1977. Should it be necessary, Thailand has great hospitals of high international standards. This is not to say that prescribed medicine and perhaps a few emergency painkillers and stomach relief tablets should not be brought, but there is no need to bring all the medical cabinet.

⊗ *Sun lotion, shampoo, soap, shaving cream etc.*

Not surprisingly, Thailand has all of these items. Looking to your left a few steps down the street, there is a Family Mart convenience store. Looking to your right, there is a 7-Eleven. In the airport there are Boots and Watsons, and in the cities those small charming garage type pharmacy cum snack stores also offer everything you need. If not for the fact that you want to save some space in your suitcase for souvenirs and Thai whisky, you should fill your bag with herbal toothpastes and coconut oil.

⊗ *Hairdryer*

If you stay at one of those simple beach bungalow resorts, a hairdryer will drain the entire electrical generator of its power - not popular. Most tourist and definitely first class hotels have hairdryers available for guests. If not, then Thailand is not the worst place to have wet hair. In case a hairdryer is an absolute must for you, remember that not all hairdryers work with the 220 volts which is the standard for Thailand.

⊗ *Socks, underwear, and t-shirts for the entire trip*

Especially if you stay at the beach, you will not need much clothes. There will be days where swimming wear and a t-shirt will be all you wear. In any case there are good value laundry services around, so if you run out of socks and underwear, send it to the local laundry service, and you will have it back clean and even ironed by the following day.

⊗ *Hiking boots*

If you intend to do some trekking in Thailand, normal trainers will suffice. Your local guide might even wear flip-flops, but unless your feet are accustomed to long walks in flip-flops we don't recommend that. There are also areas in Thailand where leeches roam, and then you definitely want to wear closed shoes. But those big, heavy hiking boots - leave them at home. They will most likely be a nuisance on the rest of your trip, and both the weather and the general tracking route conditions don't demand bringing your mountaineering gear.