

I know it is very lengthy, but this is what I would have liked to see before coming over here, just to get an idea of what people brought. Some of the items are things that are shared between my husband and I (things like toothbrushes and vitamins), but everything else is mine. You can read his list as well if you'd like a better idea. We each brought a backpacking backpack and then we shared a large (normal sized) suitcase and a smaller suitcase as checked baggage.

We also each brought a small backpack as our carry-on. Keep in mind that if you fly Air Asia from Bangkok, they do have a weight limit even if you purchase the maximum amount. Joseph's big backpack got lost in Hong Kong, which ended up being a good thing because even after weighing everything, we still ended up being almost at our max at the Bangkok airport and would have been charged a lot more had Joseph's bag made it with us.

<u>Clothing and accessories</u>	<u>Other</u>	<u>Grooming related</u>
1 pair of jeans	Camera and charger	3 things leave in conditioner
1 pair of zip off hiking pants	Laptop and wireless mouse	2 jars of anti-wrinkle lotion
1 pr yoga type pants	Kindle	(not getting any younger)
2 pairs of linen pants for teaching	Thumb drive	Face lotion with 20 spf
5 shirts for teaching	Zumba and pilates dvds	2 jars of seaweed and
2 cardigans	Journal	Volcanic ash face mask stuff
4 pairs of socks	Sketch book and pencils	1 thing of frizease
14 pairs of underwear	Watercolors, brushes and paper	1 tube of gel
1 sports bra	Snorkel and mask	Shampoo and conditioner
7 regular bras	Underwater camera case	2 extra packs of razors
4 tank tops	Cards	6 bottles sunscreen
4 t-shirts	ipod	1 bottle of cooling aloe gel
2 long sleeve shirts	2 lbs coffee	4 packages of cucumber face
2 long sleeve button up/lightweight shirts	1 flat sheet and 2 pillowcases	Wipes
1 pr. of lightweight goofy pants that I may or may not ever wear in public	4 packs of dehydrated refried beans	Tweezers
2 swim suits	Vitamins	Make up
2 skirts I will probably not wear	1 large bottle of Pepto Bismo	Bobby pins
1 pr. board shorts	1 pack of Pamprin	Hair ties and headbands
2 pairs running shorts	1 year supply of birth control (free compliments of Planned Parenthood)	Toothpaste
6 pairs of normal shorts	4 bottles of grapefruit seed extract	8 toothbrushes
1 rash guard in the event of surf	1 ziplock bag of q-tips	4 floss
1 light sweatshirt	Retainer I never wear	5 St. Ives Apricot face scrub
2 dresses	Zit zapping stuff	1 pack foam ear plugs
2 pj shorts	Hydrocortisone	Biore nose strips
chacos	1 bottle Aleve	Vitamin e stick
sanuks	Prescriptions	Tea tree oil
vibrams	Blank cds for sending pictures home	Lots of tampons
dress shoes (Keen Mary-Janes)	Various movies	Baby wipes
flip flops	Backpack	5 sticks deodorant
2 bandanas	Teaching materials (puppet, ball, pointer)	Bug spray
Giants Hat	3 travel books	1 small thing of hand sanitizer
Rain jacket	6 other books	1st aid kit
sunglasses		1 pirate computer game
watch		1 small chess set
2 pr. earrings		
1 bracelet		
1 necklace		

There were some items we knew that we would be getting once we arrived and some things we were sure you could get over here once we ran out. We purchased pillows and a sheet set our first day. Then we realized once on Koh Samui that we didn't have towels, but we are now the proud owners of two 300 baht beach towels. Additionally, we bought 2 more bath towels and junky flip flops because I don't like the idea of showering while standing barefoot right next to a squat toilet.

The reason we brought so much deodorant and sunscreen is because we heard that in Thailand there is whitening in most of it, which turned out to be true, so stock up! You can find many of the other items here, but if you have a particular brand you like, you should bring it just to be safe.

Having been here for almost a month now, here is the list of what I wished I had and hadn't brought with me and why:

<u>Had</u>	<u>Hadn't</u>
<ul style="list-style-type: none"> <li>• 3 or 4 more t-shirts (specifically my Bruins shirt because they just made it to the Stanley Cup). T-shirts are easy enough to come by, but I brought more tank tops than t-shirts and I find myself wearing the latter more often</li> <li>• Garlic extract and Vitamin B12. I thought we brought this, but I guess I left it. These make your blood stinky and less appetizing to mosquitoes.</li> <li>• My Klean Kanteen steel water bottle. I didn't realize we would be buying a 5-gallon bottle of water to fill up smaller bottles. Good thing my husband brought 2!</li> <li>• 1 more pair of dress pants. I bought 2 pairs of Volcom and O'Neill linen pants for work that are super light and comfy. They were almost \$50 a pair though, but now I wish I had just sucked it up and bought one more.</li> <li>• More bug spray. We just forgot.</li> <li>• Melatonin! Knocks you out. The noise here is horrible and sometimes it's impossible for me to fall asleep.</li> </ul>	<ul style="list-style-type: none"> <li>• So much hair product! I just grabbed all the containers of things that I had used half of but didn't really like thinking I might use it here, but I doubt I will.</li> <li>• 3 of my 4 pairs of socks. I don't anticipate wearing any more than that.</li> <li>• 2 skirts. I don't wear them at home or on vacation, so I don't know why I brought them here. Who knows? Maybe there will be an occasion where I will be glad I brought them but right now they're a waste of closet space.</li> <li>• Horse puppet for teaching. A few of the P1s thought it was funny, but I think they're just past the puppet entertaining stage. Maybe my horse voice wasn't very good.</li> </ul>

- Amber McCarthy