Travel Essentials

- Passport (valid 6+ months)
- Travel insurance **with scuba coverage**
- Certification cards + logbook (physical or digital)
- Credit/debit card + some Thai baht
- Phone + waterproof case
- SIM card or eSIM (AIS or TrueMove work well)
- Reusable water bottle (stay hydrated in the heat!)

🤿 Dive Gear (Carry-on recommended for fragile items)

Carry-On

- Dive computer
- Regulators (in padded bag or wrapped in towel)
- Mask (especially prescription mask)
- Underwater camera + housing + SD cards
- Spare o-rings + grease (under 100g, no lube in carry-on if liquid)

Checked Luggage

- BCD (travel-friendly or backplate/wing)
- Fins
- Wetsuit (3mm shorty or rashguard — the water is warm!)
- Booties (unless you use full-foot fins)
- SMB + finger spool / reel
- Line cutter / trauma shears (checked only)
- Defog (reef safe)

👕 Tropical Clothing

- 2–3 quick-dry tops
- Swimwear / rashguard (multiple sets)
- Board shorts / leggings
- Flip flops (you won't wear shoes much here)
- Light hoodie for boats after wind
- Sarong / lightweight towel

Thailand is **hot & humid**, pack light — laundry is cheap everywhere.

🧴 Toiletries + Health

- Reef-safe sunscreen (zinc is best — protect coral 🪸)
- Leave-in conditioner (salt + hair = tangles)
- Aloe vera gel
- Travel first aid kit
- Seasickness tablets (boat rides can be bumpy)

🔧 Spares + Safety Bits

- Spare mask strap + fin strap
- Zip ties (the unsung hero of diving)
- Spare O-rings (for reg + camera housing)
- Microfiber towel to dry camera O-rings
- Small dry bag (for boat days)