



Last Update Date

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## Documentation

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- Passport (valid for at least six months from your date of entry)
- Malaysian visa (if required for your nationality)
- Flight tickets (return or onward journey)
- Travel insurance documents
- Copies of important documents (keep separately and consider having digital copies)
- [Hotel/hostel](#) booking confirmations
- [Attraction tickets](#)
- Local emergency contact numbers

## Toiletries and Health

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- Mosquito repellent (with DEET)
- Sunscreen (SPF 30 or higher)
- Basic toiletry kit (toothbrush, toothpaste, deodorant, etc.)
- Personal medications (with a copy of the prescription)
- First-aid kit (band-aids, antiseptic wipes, etc.)
- Hand sanitizer
- Travel-sized laundry detergent

## Money and Finance

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- Malaysian Ringgit (local currency; have some cash for initial expenses)
- Credit/debit cards (inform your bank about your travel)

Visit <https://lacamisa.my/> for more!

- Consider getting a [Wise card](#) for hassle-free travel experiences.
- Get a Touch & Go Card for local transactions and transportation.
- Travel money belt or pouch for safety

## Clothing and Accessories

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- Lightweight clothing (it's hot and humid year-round)
- Get a Rain jacket, poncho, or Umbrella (for unexpected downpours)
- Sun hat and sunglasses
- Swimsuits (for beach destinations)
- Comfortable walking shoes/sandals
- A more conservative outfit (especially for visiting religious sites)

## Electronics and Gadgets

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- Universal adapter (Malaysia uses the British-style Type G electrical plug)
- Power bank (for on-the-go charging)
- Smartphone/camera with charger
- Headphones/earphones
- Waterproof bag/case for electronics

## Food and Drink

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- Reusable water bottle (always stay hydrated)
- Portable snacks (nuts, granola bars, etc.)
- Dietary restriction cards (if you have any allergies or dietary restrictions, have them translated into Bahasa Malaysia)

## Miscellaneous

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- Small backpack (for daily excursions)
- Travel guidebook or phrasebook
- Basic Bahasa Malaysia phrases (always good to know the local greetings)
- Umbrella (small and compact)
- Personal safety tools (whistle, door stopper, etc.)
- Lightweight towel (quick drying is best)
- Eco-friendly tote bag (for shopping or avoiding plastic bags)

# Cultural Respect

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- Do some research about local customs and norms.
- Remove shoes when entering someone's home or certain places of worship.
- Always ask for permission before taking photographs, especially in religious or culturally significant places.