

30-Day Southeast Asia Backpacking Itinerary From the Philippines

Thailand → Laos → Vietnam → Cambodia
Daily Schedule, Route Guide, Philippine Peso Budget, Accommodation Areas, Transport Options, and Practical Tips for Filipino Backpackers

Trip Overview

Category	Details
Starting Point	Philippines:Manila, Cebu, Clark, or Davao
Route	Philippines → Bangkok → Chiang Mai → Chiang Rai → Laos → Vietnam → Cambodia → Philippines
Countries Covered	Thailand, Laos, Vietnam, Cambodia
Duration	30 days
Travel Style	Backpacking, hostels, guesthouses, night buses, trains, budget flights, street food, public transport
Best Travel Pace	Moderate to fast-paced
Estimated Budget Range	PHP 75,000–120,000 per person
Suggested Backpack Size	40L–50L main backpack plus small day bag

Route Summary

1. Fly from the Philippines to Bangkok, Thailand
2. Explore Bangkok and Ayutthaya
3. Travel north to Chiang Mai and Chiang Rai
4. Cross into Laos through Huay Xai
5. Take the Mekong slow boat to Luang Prabang
6. Continue to Vang Vieng and Vientiane
7. Fly or bus to Hanoi, Vietnam
8. Explore Hanoi, Ninh Binh, Hoi An, and Ho Chi Minh City
9. Cross into Cambodia through Phnom Penh
10. End in Siem Reap with Angkor Wat before flying back to the Philippines

Trip Route at a Glance

Day	Destination	Country	Main Activity
1–4	Bangkok and Ayutthaya	Thailand	Arrival, temples, markets, day trip
5–8	Chiang Mai	Thailand	Old City, Doi Suthep, food, optional tour
9–10	Chiang Rai	Thailand	White Temple, Blue Temple, border preparation
11–13	Huay Xai, Pakbeng, Luang Prabang	Laos	Border crossing and Mekong slow boat
14–15	Luang Prabang	Laos	Kuang Si Falls, temples, night market
16–18	Vang Vieng	Laos	Lagoons, viewpoints, kayaking, riverside cafés
19–20	Vientiane	Laos	Landmarks, rest, Vietnam preparation
21–23	Hanoi and Ninh Binh	Vietnam	Old Quarter, food, day trip
24–25	Hoi An	Vietnam	Ancient Town, lanterns, beach, cafés
26–27	Ho Chi Minh City	Vietnam	City sights, food, war history
28	Phnom Penh	Cambodia	Royal Palace area, riverside, night market
29–30	Siem Reap	Cambodia	Angkor Wat and departure

Budget Overview in Philippine Peso

Estimated Total Budget

Travel Style	Estimated Total
Tight Backpacker	PHP 75,000–90,000
Comfortable Backpacker	PHP 90,000–110,000
Backpacker With Tours and Extra Flights	PHP 110,000–140,000

Main Budget Categories

Category	Estimated Cost
International flights from/to Philippines	PHP 12,000–25,000
Regional flights and long-distance transport	PHP 18,000–30,000
Accommodation	PHP 18,000–32,000
Food and drinks	PHP 18,000–30,000
Activities and entrance fees	PHP 12,000–25,000
SIM/eSIM, laundry, toiletries, small expenses	PHP 4,000–8,000
Emergency buffer	PHP 8,000–15,000

Planning Currency References

Currency	Approximate PHP Reference
THB 1	PHP 1.50–1.70
LAK 1,000	PHP 2.50–3.50
VND 10,000	PHP 22–25
USD 1	PHP 55–58
KHR 4,000	Around USD 1

Day 1:Philippines to Bangkok

Daily Schedule

Time	Activity
Morning	Airport arrival in Manila, Cebu, Clark, Davao, or selected departure city
Midday	Flight to Bangkok
Afternoon	Arrival at Suvarnabhumi Airport or Don Mueang Airport
Late Afternoon	Airport rail, bus, or ride-hailing transfer to accommodation
Evening	Check-in and rest
Night	Light dinner near hostel or guesthouse

Suggested Stay Areas

- Khao San Road:backpacker hostels, nightlife, tour offices
- Sukhumvit:good BTS access, malls, restaurants
- Silom:central, convenient, calmer than Khao San
- Siam:shopping and city access

Estimated Budget

Item	Estimated Cost
Philippines to Bangkok flight	PHP 5,000–12,000
Airport transfer	PHP 150–700
Hostel/guesthouse	PHP 500–1,200
Food	PHP 400–800

Day 2:Bangkok Temples and Old City

Daily Schedule

Time	Activity
08:00 AM	Breakfast
09:00 AM	Visit Wat Pho
11:00 AM	Explore Grand Palace area
12:30 PM	Lunch
02:00 PM	Cross to Wat Arun
04:00 PM	Chao Phraya riverside walk
06:00 PM	Dinner
08:00 PM	Khao San Road or Chinatown night walk

Estimated Budget

Item	Estimated Cost
Food	PHP 600–1,000
Local transport	PHP 200–500
Temple entrance fees	PHP 800–1,800
Accommodation	PHP 500–1,200

Day 3:Ayutthaya Day Trip

Daily Schedule

Time	Activity
07:00 AM	Breakfast
08:00 AM	Train or van to Ayutthaya
10:00 AM	Temple-hopping by bicycle, tuk-tuk, or scooter rental
12:30 PM	Lunch
02:00 PM	Continue temple visits
04:30 PM	Return to Bangkok
07:00 PM	Dinner and rest

Main Sights

- Wat Mahathat
- Wat Chaiwatthanaram
- Wat Phra Si Sanphet
- Ayutthaya Historical Park

Estimated Budget

Item	Estimated Cost
Roundtrip transport	PHP 250–700
Bike/tuk-tuk/scooter	PHP 200–1,000
Entrance fees	PHP 300–800
Food	PHP 600–1,000
Accommodation	PHP 500–1,200

Day 4:Bangkok Markets and Sleeper Train to Chiang Mai

Daily Schedule

Time	Activity
08:00 AM	Breakfast
10:00 AM	Visit Chatuchak Market, Chinatown, or Siam area
12:30 PM	Lunch
02:00 PM	Rest, laundry, or café break
05:00 PM	Collect bags
06:00 PM	Travel to Krung Thep Aphiwat Central Terminal
Evening	Sleeper train or overnight bus to Chiang Mai

Transport Options

Option	Estimated Cost	Notes
Sleeper train	PHP 1,500–3,000	Backpacker classic, saves one night accommodation
Overnight bus	PHP 900–1,800	Usually cheaper, less spacious
Flight	PHP 1,500–4,000	Fastest option, baggage may cost extra

Day 5:Arrive in Chiang Mai

Daily Schedule

Time	Activity
Morning	Arrive in Chiang Mai
09:00 AM	Breakfast
10:00 AM	Check-in or luggage drop
12:30 PM	Lunch
02:00 PM	Rest
04:00 PM	Old City walk
06:30 PM	Dinner
08:00 PM	Chiang Mai Night Bazaar

Suggested Stay Areas

- Old City:temples, cafés, hostels, walkable streets
- Nimman:modern cafés, nightlife, coworking-friendly
- Night Bazaar area:shopping, food, evening activity

Estimated Budget

Item	Estimated Cost
Accommodation	PHP 500–1,200
Food	PHP 600–1,000
Local transport	PHP 150–500

Day 6:Chiang Mai Old City Temples

Daily Schedule

Time	Activity
08:00 AM	Breakfast
09:00 AM	Wat Chedi Luang
10:30 AM	Wat Phra Singh
12:00 NN	Lunch
02:00 PM	Café break or massage
04:00 PM	Local market visit
06:30 PM	Dinner
08:00 PM	Night market or hostel social night

Estimated Budget

Item	Estimated Cost
Food	PHP 600–1,000
Temple fees/donations	PHP 100–400
Massage, optional	PHP 300–800
Accommodation	PHP 500–1,200

Day 7:Doi Suthep and Nimman

Daily Schedule

Time	Activity
08:00 AM	Breakfast
09:00 AM	Shared songthaew or tour to Doi Suthep
10:00 AM	Visit Wat Phra That Doi Suthep
12:30 PM	Lunch
02:00 PM	Explore Nimman cafés and shops
05:00 PM	Rest
07:00 PM	Dinner

Estimated Budget

Item	Estimated Cost
Transport	PHP 300–1,000
Entrance fee	PHP 100–200
Food and café	PHP 700–1,300
Accommodation	PHP 500–1,200

Day 8:Chiang Mai Activity Day

Daily Schedule

Time	Activity
07:30 AM	Breakfast
08:30 AM	Join selected activity
12:30 PM	Lunch
03:00 PM	Return to hostel or guesthouse
05:00 PM	Rest or laundry
07:00 PM	Street food dinner

Activity Options

Activity	Estimated Cost
Thai cooking class	PHP 1,800–3,500
Ethical elephant sanctuary	PHP 3,500–6,500
Sticky Waterfalls shared trip	PHP 800–2,000
Muay Thai match	PHP 800–1,800
Low-cost café and market day	PHP 600–1,200

Day 9:Chiang Mai to Chiang Rai

Daily Schedule

Time	Activity
07:00 AM	Breakfast and check-out
08:00 AM	Bus to Chiang Rai
12:00 NN	Arrival and check-in
01:00 PM	Lunch
03:00 PM	Visit Blue Temple or local market
06:30 PM	Dinner
08:00 PM	Chiang Rai Night Bazaar

Suggested Stay Areas

- Clock Tower area
- Bus terminal area
- Night Bazaar area

Estimated Budget

Item	Estimated Cost
Bus	PHP 500–900
Accommodation	PHP 500–1,200
Food	PHP 600–1,000
Local transport	PHP 200–800

Day 10:Chiang Rai Temples and Border Prep

Daily Schedule

Time	Activity
08:00 AM	Breakfast
09:00 AM	White Temple
11:00 AM	Blue Temple
12:30 PM	Lunch
02:00 PM	Optional Black House Museum
04:00 PM	Buy snacks and prepare border documents
06:30 PM	Dinner
08:00 PM	Pack for Laos crossing

Estimated Budget

Item	Estimated Cost
Food	PHP 600–1,000
Transport	PHP 500–1,500
Entrance fees	PHP 200–700
Accommodation	PHP 500–1,200

Day 11:Chiang Rai to Huay Xai, Laos

Daily Schedule

Time	Activity
07:00 AM	Breakfast and check-out
08:00 AM	Travel to Chiang Khong border
11:00 AM	Thailand-Laos border crossing
01:00 PM	Arrival in Huay Xai
02:00 PM	Check-in
04:00 PM	Arrange slow boat ticket
06:30 PM	Dinner
08:00 PM	Prepare boat snacks and essentials

Route

Chiang Rai → Chiang Khong → Thai immigration → Friendship Bridge → Laos immigration → Huay Xai

Estimated Budget

Item	Estimated Cost
Transport to border	PHP 300–900
Border/local transfers	PHP 200–600
Accommodation	PHP 500–1,000
Food	PHP 500–900

Day 12:Huay Xai to Pakbeng by Slow Boat

Daily Schedule

Time	Activity
07:00 AM	Breakfast
08:00 AM	Transfer to pier
09:00 AM	Board slow boat
Morning-Afternoon	Mekong River journey
05:00 PM	Arrive in Pakbeng
06:00 PM	Check-in
07:00 PM	Dinner

Estimated Budget

Item	Estimated Cost
Slow boat allocation	PHP 2,500–4,500
Pakbeng accommodation	PHP 500–1,000
Food and snacks	PHP 500–1,000

Day 13:Pakbeng to Luang Prabang by Slow Boat

Daily Schedule

Time	Activity
07:00 AM	Breakfast
08:00 AM	Return to pier
09:00 AM	Continue slow boat journey
Morning-Afternoon	Mekong River scenery
05:00 PM	Arrive in Luang Prabang
06:00 PM	Check-in
07:30 PM	Dinner and night market walk

Suggested Stay Areas

- Old Town
- Mekong riverside
- Night Market area

Estimated Budget

Item	Estimated Cost
Accommodation	PHP 600–1,400
Food	PHP 600–1,100
Tuk-tuk transfer	PHP 150–500

Day 14:Luang Prabang Heritage Walk

Daily Schedule

Time	Activity
05:30 AM	Optional alms-giving observation
08:00 AM	Breakfast
09:30 AM	Wat Xieng Thong
12:00 NN	Lunch
02:00 PM	Royal Palace Museum or café break
04:30 PM	Mount Phousi sunset
07:00 PM	Luang Prabang Night Market

Estimated Budget

Item	Estimated Cost
Food	PHP 700–1,200
Activities	PHP 300–800
Accommodation	PHP 600–1,400

Day 15:Kuang Si Waterfalls

Daily Schedule

Time	Activity
08:00 AM	Breakfast
09:00 AM	Shared van or tuk-tuk to Kuang Si Falls
10:00 AM	Explore waterfalls
12:30 PM	Lunch
02:00 PM	Swimming or trail walk
04:00 PM	Return to Luang Prabang
07:00 PM	Dinner

Estimated Budget

Item	Estimated Cost
Shared transport	PHP 500–1,200
Entrance fee	PHP 200–500
Food	PHP 700–1,200
Accommodation	PHP 600–1,400

Day 16:Luang Prabang to Vang Vieng

Daily Schedule

Time	Activity
08:00 AM	Breakfast and check-out
09:00 AM	Transfer to train station
Morning	Laos-China Railway to Vang Vieng
12:00 NN	Arrival and check-in
01:00 PM	Lunch
03:00 PM	Riverside walk
05:30 PM	Sunset viewpoint or café
07:00 PM	Dinner

Suggested Stay Areas

- Riverside area
- Town center
- Near night market

Estimated Budget

Item	Estimated Cost
Train	PHP 900–1,800
Accommodation	PHP 600–1,300
Food	PHP 700–1,200
Local transfers	PHP 200–600

Day 17:Vang Vieng Blue Lagoon and Caves

Daily Schedule

Time	Activity
08:00 AM	Breakfast
09:00 AM	Blue Lagoon trip
11:00 AM	Swimming and relaxation
12:30 PM	Lunch
02:00 PM	Cave visit
05:00 PM	Return to town
07:00 PM	Dinner

Estimated Budget

Item	Estimated Cost
Transport/rental	PHP 400–1,200
Entrance fees	PHP 200–600
Food	PHP 700–1,200
Accommodation	PHP 600–1,300

Day 18:Vang Vieng Viewpoint and River Activities

Daily Schedule

Time	Activity
08:00 AM	Breakfast
09:00 AM	Nam Xay Viewpoint hike
12:00 NN	Lunch
02:00 PM	Kayaking, tubing, or café rest
05:30 PM	Riverside sunset
07:00 PM	Dinner

Estimated Budget

Item	Estimated Cost
Viewpoint fee	PHP 150–300
Kayaking/tubing, optional	PHP 700–2,000
Food	PHP 700–1,200
Accommodation	PHP 600–1,300

Day 19:Vang Vieng to Vientiane

Daily Schedule

Time	Activity
08:00 AM	Breakfast and check-out
09:00 AM	Bus, van, or train to Vientiane
12:00 NN	Arrival and check-in
01:00 PM	Lunch
03:00 PM	Café or Mekong riverside walk
05:30 PM	Sunset by the river
07:00 PM	Dinner

Suggested Stay Areas

- City center
- Mekong riverside
- Near night market

Estimated Budget

Item	Estimated Cost
Transport	PHP 600–1,500
Accommodation	PHP 600–1,500
Food	PHP 700–1,200

Day 20:Vientiane Landmarks

Daily Schedule

Time	Activity
08:00 AM	Breakfast
09:30 AM	Patuxai Monument
11:00 AM	Pha That Luang
12:30 PM	Lunch
02:00 PM	COPE Visitor Centre
04:00 PM	Rest or café break
06:00 PM	Vientiane Night Market

Estimated Budget

Item	Estimated Cost
Food	PHP 700–1,200
Local transport	PHP 300–900
Entrance fees/donations	PHP 200–700
Accommodation	PHP 600–1,500

Day 21:Vientiane to Hanoi, Vietnam

Daily Schedule

Time	Activity
Morning	Check-out
Daytime	Flight or long-distance bus to Hanoi
Afternoon/Evening	Arrival in Hanoi
Evening	Check-in at Old Quarter accommodation
Night	Light dinner and short walk

Transport Options

Option	Estimated Cost	Notes
Flight	PHP 4,000–10,000	Fastest and most practical
Long-distance bus	PHP 2,000–4,500	Cheaper but very long
Mixed route	PHP 3,000–7,000	Requires extra planning and transfers

Suggested Stay Areas

- Old Quarter:food, tours, cafés, hostels
- Hoan Kiem area:central and walkable
- French Quarter:calmer and more spacious

Day 22:Hanoi Old Quarter and Food Trip

Daily Schedule

Time	Activity
08:00 AM	Breakfast and Vietnamese coffee
09:30 AM	Old Quarter walking route
11:00 AM	Hoan Kiem Lake
12:30 PM	Lunch
02:00 PM	Temple of Literature or museum
04:00 PM	Café stop
06:30 PM	Street food dinner
08:00 PM	Night market or beer street walk

Estimated Budget

Item	Estimated Cost
Accommodation	PHP 500–1,200
Food	PHP 600–1,100
Local transport	PHP 150–500
Activities	PHP 200–800

Day 23:Ninh Binh Day Trip From Hanoi

Daily Schedule

Time	Activity
07:00 AM	Breakfast
08:00 AM	Depart for Ninh Binh
10:30 AM	Boat ride at Trang An or Tam Coc
12:30 PM	Lunch
02:00 PM	Mua Cave viewpoint
04:30 PM	Return to Hanoi
07:30 PM	Dinner

Estimated Budget

Item	Estimated Cost
Day tour or DIY transport	PHP 1,500–3,500
Food	PHP 600–1,100
Accommodation	PHP 500–1,200

Day 24:Hanoi to Da Nang and Hoi An

Daily Schedule

Time	Activity
Morning	Breakfast and check-out
Midday	Flight or train to Da Nang
Afternoon	Transfer to Hoi An
Late Afternoon	Check-in
Evening	Hoi An Ancient Town lantern walk
Night	Dinner by the river

Transport Options

Option	Estimated Cost	Notes
Flight Hanoi to Da Nang	PHP 2,000–5,500	Best for saving time
Sleeper train	PHP 1,500–3,500	Scenic but longer
Sleeper bus	PHP 1,000–2,500	Cheaper, less comfortable

Suggested Stay Areas

- Ancient Town area
- Cam Pho
- An Bang Beach area

Day 25:Hoi An Ancient Town and Beach

Daily Schedule

Time	Activity
08:00 AM	Breakfast
09:30 AM	Hoi An Ancient Town walk
12:00 NN	Lunch
02:00 PM	An Bang Beach or café break
05:00 PM	Basket boat tour, optional
07:00 PM	Lantern-lit dinner

Estimated Budget

Item	Estimated Cost
Accommodation	PHP 600–1,400
Food	PHP 700–1,300
Bicycle/local transport	PHP 150–500
Activities	PHP 300–1,500

Day 26:Hoi An/Da Nang to Ho Chi Minh City

Daily Schedule

Time	Activity
Morning	Check-out and transfer to Da Nang Airport or station
Midday	Travel to Ho Chi Minh City
Afternoon	Arrival and check-in
Evening	Ben Thanh Market area
Night	Dinner in District 1

Suggested Stay Areas

- District 1:central, convenient, backpacker-friendly
- Pham Ngu Lao/Bui Vien area:hostels and nightlife
- District 3:local food and calmer streets

Estimated Budget

Item	Estimated Cost
Flight/train/bus	PHP 2,000–5,500
Accommodation	PHP 500–1,300
Food	PHP 600–1,200
Local transport	PHP 200–700

Day 27:Ho Chi Minh City

Daily Schedule

Time	Activity
08:00 AM	Breakfast
09:30 AM	War Remnants Museum
11:30 AM	Notre-Dame Cathedral area and Central Post Office
12:30 PM	Lunch
02:00 PM	Café apartment or local coffee stop
04:00 PM	Ben Thanh Market
06:30 PM	Dinner
08:00 PM	Bui Vien or Nguyen Hue walking street

Estimated Budget

Item	Estimated Cost
Food and coffee	PHP 700–1,300
Entrance fees	PHP 200–600
Local transport	PHP 200–700
Accommodation	PHP 500–1,300

Day 28:Ho Chi Minh City to Phnom Penh, Cambodia

Daily Schedule

Time	Activity
07:00 AM	Breakfast and check-out
08:00 AM	Bus to Phnom Penh
Afternoon	Border crossing and arrival in Cambodia
Late Afternoon	Check-in
Evening	Riverside walk and dinner
Night	Phnom Penh Night Market

Transport

Ho Chi Minh City → Moc Bai/Bavet border → Phnom Penh

Estimated Budget

Item	Estimated Cost
Bus	PHP 1,200–2,500
Accommodation	PHP 500–1,300
Food	PHP 700–1,300
Local transport	PHP 200–700

Suggested Stay Areas

- Riverside
- BKK1
- Central Market area

Day 29:Phnom Penh to Siem Reap

Daily Schedule

Time	Activity
08:00 AM	Breakfast
09:00 AM	Royal Palace area or Central Market
12:00 NN	Lunch
01:00 PM	Bus or van to Siem Reap
Evening	Arrive and check-in
Night	Pub Street and night market

Transport Options

Option	Estimated Cost	Notes
Bus/van	PHP 900–1,800	Common backpacker option
Flight	PHP 3,000–7,000	Fastest but more expensive
Private transfer	PHP 5,000+	Best for groups

Suggested Stay Areas

- Pub Street area
- Old Market area
- Wat Bo area

Day 30:Angkor Wat and Departure

Daily Schedule

Time	Activity
04:30 AM	Depart for Angkor Wat sunrise
05:30 AM	Sunrise viewing
07:00 AM	Explore Angkor Wat
10:00 AM	Visit Bayon Temple
12:00 NN	Lunch
01:30 PM	Visit Ta Prohm
04:00 PM	Return to hotel, shower, and collect bags
Evening	Flight to the Philippines via Bangkok, Kuala Lumpur, Singapore, or direct seasonal route

Estimated Budget

Item	Estimated Cost
Angkor Pass	PHP 2,100–2,300
Tuk-tuk temple circuit	PHP 900–1,800
Food	PHP 700–1,300
Return flight to Philippines	PHP 6,000–15,000

Transportation Guide

Philippines to Thailand

Route	Best For
Manila to Bangkok	Most flight options
Cebu to Bangkok	Convenient for Visayas-based travelers
Clark to Bangkok	Often cheaper promo fares
Davao to Bangkok via Manila/Cebu	Good for Mindanao-based travelers with connection

Thailand to Laos

Route	Transport
Bangkok to Chiang Mai	Sleeper train, overnight bus, or flight
Chiang Mai to Chiang Rai	Bus
Chiang Rai to Huay Xai	Bus/van to Chiang Khong, border transfer, local tuk-tuk

Laos Internal Route

Route	Transport
Huay Xai to Pakbeng	Slow boat day 1
Pakbeng to Luang Prabang	Slow boat day 2
Luang Prabang to Vang Vieng	Train or minivan
Vang Vieng to Vientiane	Train, bus, or minivan

Laos to Vietnam

Route	Transport
Vientiane to Hanoi	Flight for comfort and time savings
Vientiane to Hanoi overland	Long-distance bus for lower cost

Vietnam Internal Route

Route	Transport
Hanoi to Ninh Binh	Day tour, train, bus, or private shared van
Hanoi to Da Nang	Flight, sleeper train, or sleeper bus
Da Nang to Hoi An	Shuttle, bus, taxi, or ride-hailing
Da Nang/Hoi An to Ho Chi Minh City	Flight, train, or sleeper bus

Vietnam to Cambodia

Route	Transport
Ho Chi Minh City to Phnom Penh	International bus
Phnom Penh to Siem Reap	Bus, van, or flight
Siem Reap to Philippines	Flight via Bangkok, Kuala Lumpur, Singapore, or Manila route when available

Accommodation Guide

Suggested Backpacker Accommodation Types

Type	Estimated Cost Per Night	Best For
Hostel dorm	PHP 400–900	Solo travelers and tight budgets
Basic guesthouse	PHP 700–1,500	More privacy at low cost
Budget hotel	PHP 1,000–2,000	Comfort and private bathroom
Shared private room	PHP 500–1,200 per person	Pairs or small groups

Suggested Stay Areas by City

City	Suggested Area
Bangkok	Khao San, Sukhumvit, Silom
Chiang Mai	Old City, Nimman, Night Bazaar
Chiang Rai	Clock Tower, Bus Terminal, Night Bazaar
Huay Xai	Near slow boat pier
Pakbeng	Riverside guesthouses
Luang Prabang	Old Town, Night Market, Mekong riverside
Vang Vieng	Town center, riverside
Vientiane	City center, Mekong riverside
Hanoi	Old Quarter, Hoan Kiem
Hoi An	Ancient Town, Cam Pho, An Bang
Ho Chi Minh City	District 1, Pham Ngu Lao, District 3
Phnom Penh	Riverside, BKK1, Central Market
Siem Reap	Pub Street, Old Market, Wat Bo

Food Budget Guide

Daily Food Budget

Travel Style	Daily Food Cost
Street food and convenience stores	PHP 500–800
Local meals with cafés	PHP 800–1,200
Foodie budget with desserts and coffee	PHP 1,200–1,800

Food to Try by Country

Country	Food and Drinks
Thailand	Pad Thai, mango sticky rice, khao soi, Thai milk tea, boat noodles, grilled skewers
Laos	Laap, sticky rice, khao jee sandwich, Lao coffee, tam mak hoong, grilled fish
Vietnam	Pho, banh mi, bun cha, egg coffee, coconut coffee, fresh spring rolls
Cambodia	Fish amok, beef lok lak, kuy teav, Khmer curry, iced coffee, grilled skewers

Activities Budget Guide

Activity	Estimated Cost
Bangkok temples	PHP 800–1,800
Ayutthaya day trip	PHP 1,000–2,500
Doi Suthep	PHP 400–1,200
Chiang Mai cooking class	PHP 1,800–3,500
Ethical elephant sanctuary	PHP 3,500–6,500
Mekong slow boat	PHP 2,500–4,500
Kuang Si Waterfalls	PHP 700–1,700
Vang Vieng lagoons/viewpoints	PHP 400–1,500
Ninh Binh day trip	PHP 1,500–3,500
Hoi An basket boat, optional	PHP 500–1,500
War Remnants Museum	PHP 200–600
Angkor Wat pass and tuk-tuk	PHP 3,000–4,500

Sample 30-Day Budget Plan

Tight Backpacker Plan

Category	Budget
Flights	PHP 15,000
Regional transport	PHP 18,000
Accommodation	PHP 18,000
Food	PHP 18,000
Activities	PHP 12,000
Miscellaneous	PHP 4,000
Buffer	PHP 8,000
Total	PHP 93,000

Comfortable Backpacker Plan

Category	Budget
Flights	PHP 22,000
Regional transport	PHP 25,000
Accommodation	PHP 25,000
Food	PHP 24,000
Activities	PHP 18,000
Miscellaneous	PHP 6,000
Buffer	PHP 10,000
Total	PHP 130,000

Lower-Cost Strategy

Method	Estimated Savings
Book promo flights early	PHP 3,000–10,000
Use hostel dorms	PHP 5,000–12,000
Choose buses over flights	PHP 4,000–10,000
Limit paid tours	PHP 5,000–15,000
Eat mostly street food	PHP 5,000–10,000

Practical Travel Tips for Filipino Backpackers

Documents

- Passport with at least 6 months validity
- Printed and digital flight bookings
- Accommodation confirmations
- Travel insurance details
- Passport photocopies
- Digital copies saved offline
- Emergency contact list
- Proof of funds or card access
- Onward ticket when required

Immigration Preparation

- Clear travel itinerary
- Return or onward flight booking
- Accommodation bookings
- Employment certificate, school ID, business documents, or supporting documents if applicable
- Travel insurance confirmation
- Sufficient travel funds
- Calm and consistent answers at immigration counters

Money Tips

- Philippine Peso is best exchanged to USD before departure for backup.
- Local ATM withdrawals are convenient in major cities.
- Small bills are useful for tuk-tuks, tips, markets, and temples.
- Cash is important in Laos and Cambodia.
- Cards work better in bigger cities, hotels, malls, and selected cafés.
- Emergency cash should be stored separately from daily cash.

SIM and Internet

Option	Best For
Country-specific local SIM	Cheaper data per country
Regional eSIM	Convenience across multiple countries
Roaming package	Short stays and backup connection
Hostel Wi-Fi	Basic planning and uploads

Packing Checklist

Main Gear

- 40L–50L backpack
- Small day bag
- Packing cubes
- Padlock
- Quick-dry towel
- Reusable water bottle
- Universal adapter
- Power bank
- Phone charger
- Earphones
- Waterproof pouch or dry bag

Clothing

- Lightweight shirts
- Shorts
- Travel pants
- Temple-appropriate outfit
- Swimwear
- Light jacket or hoodie
- Rain jacket or poncho
- Comfortable walking shoes
- Sandals
- Socks and underwear

Health and Toiletries

- Sunscreen
- Mosquito repellent
- Hand sanitizer
- Wet wipes
- Tissue
- Basic medicine kit
- Motion sickness tablets
- Oral rehydration salts
- Toiletries
- Personal hygiene items
- Small laundry soap or detergent sheets

Long Transport Day Essentials

- Passport
- Wallet
- Phone
- Power bank
- Water

- Snacks
- Jacket
- Earplugs
- Eye mask
- Tissue
- Offline maps
- Accommodation address
- Transport ticket screenshot

Safety Tips

- Hostel lockers are useful for passports and electronics.
- Bags should stay close during buses, boats, and trains.
- Passport should not be placed in checked luggage.
- Overnight transport requires extra care with valuables.
- Busy street food stalls are usually better choices.
- Ride prices should be agreed before boarding tuk-tuks.
- Travel insurance is useful for medical concerns, lost bags, and delays.

Border Crossing Tips

- Passport pages should have enough blank space.
- Entry and exit dates should be monitored.
- Visa-free privileges and entry rules should be checked before departure.
- Printed accommodation and onward transport bookings help at checkpoints.
- Small USD bills are useful in Cambodia and some border areas.
- Extra patience is needed during land border crossings.

Backpacking Pace Tips

- Laundry days are best in Chiang Mai, Luang Prabang, Hanoi, and Ho Chi Minh City.
- Rest days are helpful after sleeper buses, trains, and border crossings.
- Overnight transport can save money but may reduce energy.
- Flights are useful when the route becomes too compressed.
- Packing light makes city transfers, stairs, and border crossings easier.

Best Low-Cost Highlights

Destination	Highlight
Bangkok	Street food, temples, river boats
Ayutthaya	Historical ruins and cycling route
Chiang Mai	Old City temples, khao soi, night markets
Chiang Rai	White Temple and Blue Temple
Mekong Slow Boat	Scenic Laos river journey
Luang Prabang	Kuang Si Falls and night market
Vang Vieng	Viewpoints, lagoons, river scenery
Vientiane	Patuxai, Pha That Luang, Mekong sunset
Hanoi	Old Quarter, coffee culture, street food
Ninh Binh	Boat ride, limestone scenery, viewpoints
Hoi An	Lantern streets, ancient town, beach
Ho Chi Minh City	Markets, museums, coffee shops
Phnom Penh	Riverside, markets, cultural sights
Siem Reap	Angkor Wat sunrise

Final Budget Snapshot

Budget Item	Estimated Cost
Minimum practical backpacking budget	PHP 75,000–90,000
Comfortable backpacking budget	PHP 90,000–110,000
With more flights, tours, cafés, and private rooms	PHP 110,000–140,000
Suggested emergency buffer	PHP 8,000–15,000

Itinerary Highlights

- Philippines to Bangkok international backpacking start
- Thailand temples, markets, northern cities, and sleeper train experience
- Chiang Rai to Laos land border crossing
- Two-day Mekong slow boat journey through Laos
- Luang Prabang waterfalls, temples, and night market
- Vang Vieng lagoons, viewpoints, and river activities
- Vientiane rest stop before Vietnam
- Hanoi Old Quarter, Vietnamese coffee, and Ninh Binh day trip
- Hoi An lantern streets and ancient town atmosphere
- Ho Chi Minh City food, markets, and museums
- Cambodia overland route from Phnom Penh to Siem Reap

- Angkor Wat sunrise finale before returning to the Philippines