

**Go Global Hoops
Travel Checklist
Tour Preparedness Guide for Peninsular Malaysia**

As of March 11, 2026

REQUIRED: Legal & Entry Compliance

Failure to complete these may result in denied boarding or entry.

- Passport: Must have at least 6 months validity remaining. Ensure there are no significant tears or water damage.
- Malaysia Digital Arrival Card (MDAC): Mandatory. Scan the QR code below or visit the official portal within 3 days prior to arrival. Save the confirmation QR code on your phone. [MDAC](#)



- Proof of Onward Travel: Have a digital or printed copy of your return flight itinerary ready for immigration officers.
- Medical & Sports Insurance: Ensure your policy covers high-intensity sports and international medical evacuation as per the tour terms.
- Prescription Medications: Keep all meds in original pharmacy bottles with labels. Bring a copy of your doctor's prescription.
- Zero-Tolerance Compliance: DO NOT bring any products containing THC, CBD, or cannabis derivatives (oils, gummies, vapes). Malaysian drug laws are strictly enforced with severe penalties.

SUGGESTED: Logistics & Comfort

Recommended for a seamless and cost-effective experience.

- Grab App: The standard for safe transport and food delivery. Download and link your credit card before arrival.
- Touch 'n Go (TNG) eWallet: The primary cashless payment app in Malaysia. You can register using your US phone number. It is accepted everywhere from street stalls to major retail stores.
- Local SIM/eSIM: High-speed 5G local SIM cards are available at the airport for under \$8 USD. This is much cheaper than US roaming plans.
- Power Adapters: Malaysia uses Type G (UK-style) 3-pin plugs. If you don't have one, they can be bought locally at any convenience store for under \$2 USD.
- Moisture-Wicking Apparel: Prioritize "dry-fit" fabrics over heavy cotton due to high humidity.
- Slip-on Shoes: For convenience, as you will frequently remove your shoes when entering specific venues, gyms, and homes.

Final Professional Reminders

Off-Court Conduct: We represent the Go Global Hoops brand. Please keep behavior "low-key" in public. Avoid shouting or public displays of affection, which are seen as disrespectful in local culture.

Hydration: Do not drink tap water. Use the bottled or filtered water provided by the tour at all sessions.

For full tour details and updates, visit: <https://www.goglobalhoops.com/>