

# Packing Checklist

## Northern Vietnam Hiking Adventure

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### Required Items

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- Main piece of luggage: small-medium sized suitcase or duffel with rollers recommended
- Day Pack for hiking: recommended 18-30L, depending on what you like to carry with you during the day
- Hiking Boots or Shoes - please make sure you hike in these before your trip and they are well broken in
- Waterproof Rain Jacket
- Water bottle (1L) and/or hydration system (bladder)

### Recommended Items

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- Long sleeve shirts and short sleeved shirts as desired: lightweight and made of moisture-wicking fabric
- Hiking pants or shorts that are quick dry and a lightweight fabric
- Hiking socks
- Underwear and bras
- Pijamas

- Evening/city clothes as desired
- Bathing suit
- Small waterproof dry bag (or ziplock bags)
- A hat to protect from the sun
- Sunglasses
- Sunscreen (SPF 15+)
- Toiletries
- Earplugs (recommended for shared rooms and windy nights in the mountains)
- Alcohol-based sanitizer and face masks
- Smartphone with WhatsApp installed

## Optional Items

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- Hiking poles - note that most airlines require these to be checked baggage
- Energy snacks and electrolyte replacement: you may like to bring some along too if you have special dietary needs or personal favourites.
- Personal first aid kit (e.g. blister treatment if you are prone to blisters, anti-nausea meds if you get motion sick etc.). Your guides will carry a group first aid kit.
- Binoculars
- Camera
- Pencil and Notebook/Journal/Reading material
- Portable charger or spare battery for electronics
- Bandana/ Buff
- Ziplock baggies: for water proofing stuff. Zip locks in various sizes are perfect.

- Small flashlight or headlamp with spare batteries for midnight pee missions to the outhouse

## Essential Documents

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- Passport: stored in a waterproof wallet/ zip lock bag (if applicable)
- Passport copies: please bring a photocopy of your passport (if applicable)
- Money: cash in local currency, credit/debit cards with pin number for cash withdrawals
- Air tickets and itinerary: your international and domestic itinerary and tickets (plus photocopies)

## Packing Notes

### Luggage Logistics

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As a general rule, don't bring more than you can carry. This will help ensure smooth and efficient transfers in airports, customs, hotels, and loading vans/trailers/boats.

On adventure travel trips it is best to travel with one larger check-in bag (suitcase with rollers) and one carry-on bag (day pack). Many people now choose to go 100% carry on, which would include one carry-on sized suitcase with rollers and your day pack (personal item). These bags are easy to move around easily and fit into boats, small planes, and van/ bus roof racks. While on tour, your local guide will instruct you on how to prepare for travel between locations.

Be sure to check with your airline for weight restrictions and carry-on allowances. When packing your carry-on try to include what you would need to be comfortable your first few days in case your checked baggage is misrouted by the airline.

**We recommend a medium suitcase or duffel of 50-70 litres (your checked bag) and a medium daypack of up to 30 litres (your carry-on bag) for this adventure.**

Prepare for lost or delayed luggage by wearing or carrying on the items that are essential to your adventure such as an active outfit and your hiking boots. In your day pack (your carry on), you should bring a full change of clothes, your waterproof jacket, toiletries, medications, camera and all paperwork.

Your luggage will be transferred daily by vehicle to the next accommodation.

You will only hike with your daypack.

**Suggested Daypack Essentials are:**

- Light rain jacket
- Refillable water bottle and/or hydration system
- Sunglasses
- Insect repellent
- Sunblock
- Chapstick with sunblock
- Camera/Smartphone
- Binoculars (optional)
- Alcohol-based sanitizer
- Personal medication (as required)
- Personal snacks and electrolytes
- Small first aid kit/blister kit
- Spare socks

## Resources for Buying Outdoor Gear & Clothing

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- Mountain Equipment Co-op, REI, SAIL, Atmosphere, Sportchek
- Borrow: Why buy when you can borrow from a friend?
- Variety/Value Village, Goodwill, Salvation Army and online swap sites are also great places to find second-hand gear for a fraction of the price.

**Reduce, Reuse, Recycle, Rewear!**