



Northern Vietnam Explorer

Packing Checklist

Below is a list of required, recommended and optional items to bring on your Wild Women Expeditions adventure. This list is provided as a guideline and is not exhaustive, nor do you need to bring everything on it (unless it is *required*). Think about how you travel and what works best for you. If you know you'll never wear or use a particular item on this list, don't worry about it!

 **Luggage Logistics:** Checked luggage can get lost or delayed on the way to any destination. Prepare for this possibility by wearing items that are essential to your Wild Women Expeditions adventure. In your carry-on, pack a light jacket, change of clothes, snacks, toiletries, water bottle, medications, camera, and all paperwork. Depending on group size, luggage space in vehicles can be limited - please use a small-medium sized suitcase or duffel on rollers, and do not pack more than you can carry.

 **Cultural Note:** It's important to respect Vietnamese etiquette and customs. Clothing should be modest and not revealing. No tank tops or short shorts in the temples, please make sure your shoulders and knees are covered in the temples.

 **Helpful tip:** Always check the weather in your destination in the week leading up to your trip!

Required Items

- Main luggage: suggested small to medium sized suitcase with rollers (soft or hard sided is fine), or travel duffel with rollers; travel backpacks are fine too (40-60L), but keep in mind that you need to carry this along with your day pack in the airport and from vehicles to your accommodation
- Small day pack (18-25L)
- Comfortable walking shoes (i.e. trail runners or sneakers are best)
- Sports/water sandals like Keens or Tevas
- Light rain/wind jacket

- Reusable water bottle (potable water will be available in the vehicle for refilling your bottle and at hotels to start the day)

Recommended Items

- Hoodie/sweater/light fleece for cooler nights
- Long sleeve shirts (you may wish to opt for a shirt with SPF protection for swimming/hiking)
- Short sleeved shirts/t-shirts (quick-dry are best)
- Quick dry hiking pants or leggings (or both) to wear for the hike, optional yoga and tai chi sessions, and kayak
- Lightweight pair(s) of casual long pants
- Long light skirt/dress (only if you like wearing skirts/dresses!)
- Scarf/sarong to throw over bare shoulders
- Shorts/capris
- Underwear and bras (as needed)
- Light nightwear
- Hat with wide brim for sun protection
- Swimsuit (it should be modest for this destination)
- Sunglasses/case
- Toiletries
- Sunscreen and lip balm with SPF 30+ or higher
- Prescriptions/medication (if applicable)
- Personal first aid kit
- Insect repellent
- Smartphone with charger, plug adapter for destination, and converter
- Ziploc bags or a small (5L) drybag for waterproofing items (various sizes) in your day pack
- Earplugs (recommended for shared rooms)

Optional Items

- Snacks (if you have faves you like to travel with)
- Electrolyte drink mix (to aid in rehydration)
- Reading material
- Pencil and notebook/journal (if that's your thing)

Essential Documents

- Passport (with photocopies and/or saved on phone)
- Travel insurance (with photocopies and/or saved on phone)
- Airline tickets (with photocopies and/or saved on phone)
- Local currency, debit, and credit cards
- Wild Women Expeditions Trip Details and Bulletins (saved for easy access on your phone)
- Any entry visas or vaccination certificates as required

 **Note:** Pack photocopies of travel documents separate from originals (or save to your phone) in the event that your baggage is lost or delayed.

Resources for Buying Outdoor Gear & Clothing

- Mountain Equipment Company, REI, SAIL, Atmosphere, Sportchek
- Borrow: Why buy when you can borrow from a friend?
- Thrift stores and online swap sites are also great places to find second-hand gear for a fraction of the price. Reduce, Reuse, Recycle, Rewear!

Gear Note: We want you to be super Girl Scout-prepared for this trip! If you are unsure about any of the items on this list, ask us! Or, talk to the staff at your local outfitter. They love to chat about gear and will expertly kit you out!