



Northern Vietnam Hiking Adventure

Packing Checklist

 **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.

 **Fabric Note:** We recommend that you choose multi-purpose, quick-dry clothing such as Patagonia Capilene (recycled polyester fabric) base layers and merino wool socks. Proper layering is essential! You can bring cotton or denim items but be aware that they won't be easy to wash or dry.

 **Hot tip:** Before your trip, become well-acquainted with your gear—especially your hiking boots, poles (if desired) and backpack. Wear your day pack on training hikes and gradually increase the weight that you are carrying so when you strike off on day one, your pack feels snug like your favourite pair of jeans.

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

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!

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

- Daypack: A 20L-25L pack should be sufficient for your water bottle, rain jacket, sunblock, camera/phone, and personal items. Choose a pack with a chest strap and easy-access zippered pockets and properly sized rain cover that tightly cinches.
- Hiking boots or hiking shoes: Make sure you've given them a solid pre-trip workout in varying terrain and elements! Logging several miles in them will help ensure a blister-free trip.
- Lightweight, waterproof, breathable jacket or a poncho. If you're bringing a jacket, bring one with hoods and armpit zips are best. Ponchos are great in hot/humid climates keeping you and your pack dry in a rainstorm
- Water bottles or CamelBak hydration system (you will need to carry 1 to 2L per day). You can also fill one with electrolyte powder for hydration if you wish.

Recommended Items

- Hiking pants or shorts that are quick dry and a lightweight fabric
- Hiking socks (we recommend lightweight, merino wool for comfort and they're stink-free)
- Long sleeve shirts and short sleeved shirts as desired: lightweight and made of moisture-wicking fabric
- Evening/city clothes as desired
- Brimmed hat for sun protection
- Sunscreen, lip balm (with SPF)
- Sunglasses (with optional leash/hard case)
- Sandals
- Underwear, bras, socks as needed
- Pajamas
- Toiletries
- Prescriptions/medication (if applicable)
- Personal first aid kit
- Insect repellent
- Earplugs (recommended for shared rooms and windy nights in the mountains)
- Smartphone with charger, plug adapter for destination and converter, and external battery for charging on the go if you wish

Optional Items

- Energy snacks and electrolyte replacement: you may like to bring some along too if you have special dietary needs or personal favourites.
- Hiking poles - note that most airlines require these to be checked baggage
- Binoculars
- Pencil and notebook/journal (if that's your thing!)
- Bathing Suit
- Bandana/ buff

- Ziploc baggies: for water proofing stuff. Ziplock in various sizes are perfect.

Essential Documents

- Passport (with photocopies)
- Travel insurance (with photocopies)
- Airline tickets (with photocopies)
- Local currency, ATM 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!