

PACKING LIST – VIETNAM & LAOS

PACK YOUR BAGS!

The AdventureWomen team has curated this list for your adventure to Vietnam. It is meant to provide packing *guidelines*, but please also think about how you travel and what works for you as individuals. If you have any questions, please don't hesitate to ask! It's what we are here for.

Dress for the Weather

The weather on this trip can range from a low in the high 50s and a high in the low 90s. The key to packing is to bring lightweight layers and expect showers and humidity throughout your trip. The trick to staying cool (and warm!) in Asia is layering loose-fitting clothing made of breathable, lightweight fabrics. Anything you wash by hand will dry quickly in an air-conditioned room overnight. Be prepared for air-conditioning indoors.

Culturally, it is polite to cover your shoulders and high thighs when entering religious areas and temples. Typically, shorts are not worn for dinner in restaurants in Hanoi and Ho Chi Minh City.

It is also common to be expected to remove your shoes in people's homes, temples, and even some restaurants. You may want to pack a pair of shoes that are easy to slip on and off. In addition, in the high humidity some people find that their feet swell. Having shoes that are not tight helps prevent blisters.

You should carry a small day pack that includes a rain jacket, water bottle, phone, camera, valuables and personal items such as sunscreen, lip balm, etc. You can also keep a separate small, day bag in the van for extra clothes, camera gear, change of shoes/shorts, etc.

Most hotels provide a laundry service with 36-48 hour turnaround time – prices vary based on hotel.

Luggage Restrictions

On this trip, due to the internal flights, you can have one checked bag which can weigh no more than **44 pounds**, and one carry on of no more than **15 pounds**.

PACKING CHECKLIST

Clothing & Gear

- 1 small suitcase or duffel bag
- 1 daypack
- OPTIONAL 1 small dry bag
- Medium-weight hiking boots or shoes (make sure they are broken in!)
- Medium-weight hiking boots or shoes (make sure they are broken in!)
- 1-2 long sleeve shirts (quick dry recommended)
- 1 medium weight fleece sweater/jacket for cool evenings
- 1-2 pairs of pants
- 1-2 pairs of shorts
- 1-2 sets of nicer clothes for dinner
- 1-2 bathing suits
- Waterproof jacket
- Hat for sun protection
- 5-7 pairs underwear
- 5-7 pairs of socks
- Sleepwear

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AdventureWomen Essentials

- Travel documents (passport, airline tickets, money)
- 2-3 spare passport photos (in case of lost passport)
- Write down/print out travel insurance number
- Locks for your suitcase/duffel bag
- Travel alarm clock with spare batteries
- Optional headlamp or small flashlight with spare batteries
- Optional Binoculars (8x40/42 models are excellent choices; center focus models are easiest)
- Optional Digital camera, memory cards, battery charger
- Waterproof camera/phone case
- Optional Dry bag for kayaking
- Sunglasses, case, and strap
- Spare glasses, contact lenses, cleaner, saline, etc.
- Money belt or neck pouch
- Reusable water bottle
- Sunscreen and lip balm with SPF
- Mosquito repellent
- Reading material/journal and pens
- Hand wipes/hand sanitizer
- Toothbrush/toothpaste
- Optional Personal toiletries (soap, shampoo, conditioner, etc - toiletries will be provided in the hotels)
- Small packet of tissues
- Tampons and panty liners (avoid plastic applicators)
- Earplugs: We recommend silicone earplugs
- Assortment of stuff sacks and dry bags to organize your gear
- Bandana/Buff (biking on local roads can get dusty)

Personal First Aid Kit

- Prescription medicine you usually take
- Personal epi pen (if you need one, don't forget to pack it!)
- Bandages, Gauze, Ace bandage, blister prevention
- Antiseptic wipes/spray
- Antibiotic ointment
- Cotton-tipped applicators
- Oral rehydration tablets/packets
- Antidiarrheal medication
- Motion/Sea Sickness medication
- Mild laxative
- Antacid
- Cold remedies
- Ibuprofen/acetaminophen
- Eye drops
- Tweezers, scissors (travel size), safety pins

Please note you'll be taking different modes of transportation that could cause motion sickness, and you'll be tasting many different foods. Please be sure to consult a travel doctor if you have any concerns and bring prescription and over-the-counter medicine you feel YOU will need for this trip.