

# PACKING LIST – VIETNAM

## 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.

## PACKING CHECKLIST

### Clothing & Gear

- 1 small suitcase or duffel bag
- 1 small daypack to carry on excursions
- 3-4 short sleeve shirts
- 1-2 light-weight long-sleeved shirts
- 1 sweater or light jacket
- 1 fleece jacket or vest
- 2 pairs quick-dry shorts
- 1-2 pairs light-weight pants
- 1 rain jacket
- 1-2 bathing suits
- 1 pair comfortable sneakers
- 1 pair sport water sandals
- 4-5 pairs of socks (thin socks recommended for biking)
- 1 nicer outfit for dinners at upscale restaurants
- 1 sun hat
- Underwear/bras
- Pajamas

### AdventureWomen Essentials

- Travel documents (identification documents, airline tickets, money)
- Write down/print out travel insurance number
- Locks for your suitcase/duffel bag
- Travel alarm clock with spare batteries
- Headlamp or small flashlight with spare batteries
- Binoculars (8x40/42 models are excellent choices; center focus models are easiest)
- Digital camera, memory cards, battery charger
- 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
- Reading material/journal and pens
- Hand wipes/hand sanitizer
- Toothbrush/toothpaste
- Soap, shampoo, and conditioner
- Small packet of tissues

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- Tampons and panty liners (avoid plastic applicators)
- Earplugs: We recommend Mack's Pillow Soft White Moldable Silicone Snore Proof Earplugs. Available at most drugstores or at [www.earplugstore.com](http://www.earplugstore.com)
- Assortment of stuff sacks and Ziploc bags
- 1-2 bandanas/Buf
- Reading material/journal and pens

## 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
- Mild laxative
- Antacid
- Cold remedies
- Ibuprofen/acetaminophen
- Eye drops
- Tweezers, scissors (travel size), safety pins

If you prefer to buy a complete kit, we recommend the Smart Traveler first aid kit.