

Packing List – Wats & Wonders of Vietnam and Cambodia

FOOTWEAR

- 1 pair of lightweight hiking shoes or boots
- 1 pair of comfortable shoes for general use
- 1 pair of comfortable sandals (brands such as Teva, Chaco, Keen, recommended)
- 3-4 pairs of socks (wool or synthetic equivalent: Smartwool, Thorlo, Darn Tough)

CLOTHING

- 2-3 pairs of lightweight & quick-drying pants for hiking –zip-offs or roll up work well (NO JEANS)
- 1-2 pairs of lightweight shorts*
- 2-3 synthetic or lightweight long-sleeved shirts or blouses
- 1 lightweight long-sleeved shirt for sun/bug protection - button up front is best
- 2-3 short-sleeved shirts
- 1 midweight puffy jacket, sweatshirt or sweater
- 1 lightweight long sleeve pullover – fleece or the like
- 1 rain jacket (waterproof windbreaker) and rain pants – waterproof/breathable fabric like Gore-tex
- Underwear and bras (comfortable sports bras recommended)
- Sleepwear
- 1 lightweight wool or fleece hat & gloves
- 1 buff or bandana
- 1 wide brimmed or baseball style hat for protection from the sun/rain
- 1-2 swimsuits and a coverup/sarong**
- 1-2 changes of casual clothes to wear at end of day and for travel days

*Women in Vietnam and Cambodia tend to dress conservatively and do not often wear shorts or tank tops in public.

**When visiting temples, a scarf is recommended to cover your shoulders. A sarong is a small handy item that can be easily purchased all over both countries. Use it as a quick-drying towel, skirt, cover-up for the pool, picnic blanket – so many uses!

EQUIPMENT/ESSENTIALS

- Passport and a photocopy of your passport**
- 2 passport-sized pictures if getting visa on entry in Cambodia**
- 1 pair Trekking poles strongly recommended
- 1 daypack (see notes on packing list for recommended capacity)
- Capability to ‘waterproof’ your backpack. Either a rain cover or a heavy-duty plastic bag to line your pack.
- Capacity to carry 2 liters of water (See Notes on Packing List)
- Sunglasses (100% UV protection) w/retention strap
- Small headlamp or flashlight
- Watch/travel alarm clock
- Phone and phone charger
- Your favorite snacks, energy powder or Nunn tabs and instant coffee if you prefer coffee over tea
- SteriPEN, Grayl or similar purifier water bottle, iodine tablets, or preferred water purification system**
- Small travel towel, quick drying
- Items to help make the travel days more comfortable: compression socks, neck pillow, eye mask, [foot hammock for airplane](#), motion sickness pills, books/magazines, ear plugs, face/hand wipes, tissues, notebook/journal & writing supplies

TOILETRIES (small everything)

- Toothbrush, toothpaste, dental floss, deodorant, shampoo & conditioner, contact lens and supplies and/or prescription glasses, sanitary supplies, hairbrush, nail clippers, lotion, razor, Q-tips, cotton balls
- Sunscreen and lip protection with sunblock of at least SPF 15
- Personal first aid/patch kit - Band-Aids, antibiotic ointment, 1 safety pin, a small roll of duct tape (wrap around a pencil), moleskin, blister bandages, ibuprofen & aspirin, any prescription and preferred over-the-counter medications

Please note: Individuals who have had or have the potential for a severe allergic reaction to insect stings, specific foods or medications must bring an epi-pen. Please consult your physician and tell your guide.

Notes on the Packing List

Adventures in Good Company's packing list includes items to help you be prepared for the various activities and conditions. It is not personalized, so please add the items that you require to travel safely and comfortably but remember – less is better! You may not use everything you bring; however, you need to come prepared for all possible weather. At the same time, you must be able to carry your own luggage, sometimes up and down stairs. Bringing a duffel bag or soft-sided suitcase with wheels, rather than a hard-sided suitcase, is easier for packing into the bus and trucks that will be transporting our luggage. **As space for luggage on our trips is limited, please do not overpack!**

Daypacks: Your daypack should be large enough to hold the following items: 2 liters of water, rain gear, lunch/snacks (for the day), sunscreen, warm layer (fleece pullover or vest), footcare items, hat and personal items such as camera, journal, etc. We recommend a daypack with a capacity of between 24 - 30 Liters (1450 - 1850 cubic inches) with a hip belt, padded shoulder straps, and lifters. Line your daypack with a durable plastic bag to keep your belongings dry or have an elasticized pack cover that fits snugly over it. Before you leave home check to be sure that it is comfortable to wear all day and has sufficient space for all of your items.

Footwear: Well-fitting, sturdy boots or trail shoes are very important to your safety and enjoyment. If you plan to buy new boots, break them in by wearing them around town and taking some short hikes *before* your trip. For general hiking, lightweight or midweight cordura or leather boots with a Vibram sole work well. If you have weak ankles or are recovering from an ankle injury, get boots that come above the ankle– you'll find that this will give you more support in uneven or slippery terrain. Remember to waterproof your boots before the trip. Even boots billed as 'waterproof' need to be treated with a waterproofing product.

Personal First Aid Kit: Bring a small first aid kit with familiar medicine and first aid supplies you might need, ESPECIALLY blister or foot remedies like moleskin (not molefoam), gelskin, blister bandages, or similar. A small roll of duct tape is always useful. The amount and kind you bring will depend on your tendency to blister but many people get blisters on hiking tours. Other suggestions: remedies for respiratory ailments? Stomach ailments? Sore muscles or joints? The guides will have a first aid kit too but having what you know works well for you is a good idea.

Clothing: The clothing listed on the packing list has been chosen for your specific trip conditions and for its versatility for layering. NO COTTON for your active wear! It should all be made from synthetic/synthetic blends, down/down blends or wool/wool blends. Layering is the most practical and efficient method of insulating the body. Several layers of varied weight materials provide better insulation than one thick Layer of clothing. Also, adding or subtracting layers allows you to adjust to the temperature at your particular level of activity.

Rain Gear: You will need a parka or jacket made of a coated nylon or a waterproof/breathable fabric like Gore-tex, HellyTech, Membrane, H2No, or Ultrex. **Be sure it keeps water out.** Before making this important purchase, be sure that it fits you properly. It should be large enough to fit over all your layers. In particular, the hood needs to be effective. It should shield your face from the rain and turn with your head. Movement of your arms must not interfere with the hood. Put on your daypack; can you still raise your arms? Your wind/rain pants should be comfortable, allow enough room for your layers, and permit free movement of your legs (for example, can you crouch comfortably?). Partial or full-length leg zippers are useful for easily putting your pants on over your boots. An inexpensive plastic poncho will both leak and tear easily and is not recommended.

Hydration: Being able to easily access your water without assistance, so that you can drink frequently, is important to your safety and enjoyment. One method is to have a water bottle attached to your waist strap. Another option is to use a **HYDRATION SYSTEM** such as CamelBak, Platypus, and MSR bladder bags, which are collapsible water bags with a hose attachment that you drink from. The bags fit inside or outside your pack with the hose positioned over your shoulder so that you can access your water as you hike. Bladder bags can hold 1 - 3 liters of water.

Trekking Poles: Trekking poles are highly recommended for this trip. Trekking poles contribute to your safety by improving your balance and stability, and to your health by saving stress on your hips and knees. If you are not familiar with trekking poles, read this blog post that addresses the most commonly asked questions:

<http://blog.adventuresingoodcompany.com/blog-women-travel/bid/154714/Trekking-poles-for-hiking-trips-the-4-most-common-questions>