

Kit List – Vietnam Trek and Community Project

The kit you take on your trek can make the difference between being 'just a trek' or a 'memorable trek'.

Our kit lists are put together with feedback from our own experiences and that of participants who have taken part in our previous trips.

The items on this list do not take into account your personal preferences based on your previous trekking experiences, or individual requirements.

PLEASE NOTE: This list is just a guideline and is not exhaustive or take into account personal preferences.

For information about items on this list please refer to the trip dossier or contact The Different Travel Company on info@different-travel.com

ESSENTIAL

SUGGESTED

OPTIONAL

DOCUMENTS & FLIGHT ESSENTIALS	✓
Passport and Copy	
E-Tickets	
Visa (if required)	
Travel insurance	
ATM and credit card (s)	
Cash (£ Sterling)	
Pen for immigration forms	
Sunglasses (preferably polarized)	
Mobile phone + charger	
Camera + spare batteries	

LUGGAGE	✓
Suitcase/large holdall kitbag	
Daypack (25 – 30 litres)	
Hand Luggage (take note of dimensions from airline)	
Combination padlocks	

CLOTHING AND FOOTWEAR	✓
Trekking boots: either worn on flight or carried in hand luggage	
Sturdy boot or steel-toe capped boots for project	
Trainers/casual shoes for evenings	
Trek trousers (zip off trousers ideal)	
Non-cotton, technical t-shirts	
Non-cotton long sleeved top/shirt	
Socks and underwear	
Warm fleece layer	
Warm jacket (e.g. down or Primaloft)	
Waterproof jacket and trousers	
Old clothes for project	
Casual clothes for time with community and sightseeing	
Thermal base layer top and trousers	
Sun hat with brim	
Warm hat	
Flip-flops or slip on shoes for homestay	
Gloves (for trekking and also heavy duty for project)	
Scarf/pashmina for temples	
Neck cooling 'Cobber'/cooling towel and Buff	

HEALTH & HYGIENE*	✓
Hygiene kit to include: toothbrush and toothpaste, antiperspirant deodorant, wet wipes, shampoo, conditioner, shower gel, nail brush and nail care kit	
Personal first aid kit to include: prescription medicine, insect repellent, ibuprofen, paracetamol, plasters, blister plasters (e.g. Compeed), Imodium, rehydration salts (Dioralyte), antiseptic cream (e.g. Savlon), Anti-histamine cream/tablets, lip balm with SPF protection, zinc oxide tape, nail scissors/tweezers, muscle rub (e.g. Deep Heat),	
Hairbrush/comb	
Travel towel	
Lateral flow tests (min x2)	
Disposable masks	
Feminine care products	

OTHER KIT	✓
Sleeping bag liner (silk)	
Sun block (high SPF)	
Toilet bag: toilet paper, wipes, hand sanitiser, nappy sacks	
2 ltr water hydration system (e.g. Camelbak)	
1 ltr water bottle	
LED head torch + spare batteries	
Adaptor (US 2 flat pin and European 2 round pin)	
Ear plugs	
Hiking poles – to be stowed in hold luggage for flight	
Energy food/snack bars	
Electrolyte (e.g. NUUN)	
Water purification tablets (e.g. Biox Aqua)	
Travel pillow	
Portable power bank	
Spare glasses/contact lenses	
Video camera + charger	
MP3 player/ipod	
Books/pack of cards	