

Packing List: Reminder of essential items

- 1 small suitcase / bag for clothes
- 1 small backpack for bus / hiking
- 2 t-shirts per day
- 2 long sleeve t-shirts
- 2-3 pairs of shorts
- 1 warm jumper / jacket
- Some light trousers
- 2 pairs of comfortable, closed shoes / trainers
- Sandals / flip flops for the evening
- 1 pair of underwear and socks per day (minimum)
- 1 swimming suit
- Towel
- 1 raincoat / poncho
- 1 cap / hat
- Toiletries
- Plastic bag for wet clothes
- Refillable water bottle
- Suncream
- Insect repellent / insect bite cream
- Sunglasses
- 1 flashlight / torch

A small amount of money for items not included in the itinerary such as drinks (beyond water), gifts etc. No more than 500,000 VND is recommended.

No phones!

Things to consider:

- Thick clothing like jeans are not suitable for hiking.
- Closed shoes are best for hiking, e.g. trainers.
- Don't bring favourite items of clothes, they may get wet or muddy.
- Students may prefer to wear long trousers for hiking activities to avoid scratches from branches.
- Students may prefer to wear thin, but long items of clothing for the water sports activities to avoid sunburn.
- Students are permitted to wear swimming costumes for water activities, but this comes with the risk of sunburn to the exposed skin (these activities do not take place in the shade)