



## PACKING LIST

**Remember it is very hot and humid in Vietnam and although there is air conditioning everywhere, we will be working outside most of the days---so pack cool!**

- **Clothes**

- 1 set of dressy clothes-no short dresses or skirts
- Swim suit
- Light rain jacket
- Cool clothing-teeshirts, shorts, skirts, dresses. You are most likely going to be wanting to work at the camps in shorts. It would be good to not have really short-shorts or low cut shirts.
- Sweathirt/sweater or fleece—the airplane can be cold and the hotels with airconditioning
- Sweatpants or gym pants to wear on the plane.
- Underwear for at least 5 days
- Large brimmed hat- or some kind of hat. We will be doing a lot of walking and sometimes in the sun
- Socks-to wear on the plane and in hotel rooms where it can be cold because of air con. And to wear at night outside to keep mosquitos off.
- Bras are mandatory for women—no low-cut shirts or spaghetti strap tanks

### **Shoes**

- Flip flops that are good for walking in. Whenever you enter the school or most buildings you have to take your shoes off, so if you don't want to go bare foot, bring low socks. Most of us walk barefoot inside hotel room and school
- Sneakers or keens or something that is sturdier to walk in than flip flops. If you chose one over the other, remember you most likely are going to have to wear socks on the plane to keep warm!

### **First Aid – Toiletries**

**All of these should have the tops taped and sealed in zip-loc bags in your suitcases.**

- Bandaids
- First Aid Cream
- Diarrhea treatment
- Electrolyte tablets (REI has these, or CVS)
- Malaria tablets if decide to take them.
- Anti-biotics in case of a dog bite. Please ask your doctor.
- Hand sanitizer
- Tweezers
- Tampons and pads-you cannot buy these there easily!
- Anti-itch cream of some sort for bites
- BUG SPRAY-spray pump not aerosol
- SUNSCREEN
- Any other meds like Tylenol, Advil, Zantac, benedryl, pepto bismal tablets, etc...

- Cold medicine definitely!
- Vitamins-C is a good idea
- Toothpaste-can't get good toothpaste there. 1 large tube should be OK
- Shampoo and Conditioner
- 1 bar of antibacterial soap to use in shower
- Shaving stuff-disposable

### **Electronics**

- Camera (bring extra memory cards, batteries if needed)
- Laptop or ipad or iphone
- Chargers-camera, cell phones, laptops
- Portable DVD player if you want
- Ipod and headphones
- Overseas power converter plugs if you have them otherwise you can buy them there

### **Miscellaneous Items**

- Sun glasses
- Small flashlight w/ extra batteries
- Books to read!
- Laundry bag
- Small bag or backpack for the day trips
- Large Water bottle-The Kleen Canteen insulated is the best for keeping water cold all day make sure you buy the **wide-mouth** only or the ice cubes will not fit!
- Other things to keep you cool, like neck cooler
- Zip-loc bags are very handy and all spillable items should be packed in zip-locks and tops taped going into checked bags.
- An over the shoulder bag for carrying valuables when walking around. If you can get one that fits your water bottle that is helpful as well—it is HOT and you need to drink at all times!
- A separate small wallet for carrying VND so every time you got to the market you're not taking your US money and Credit Cards.

### **Snacks**

- Granola bars, or some type of easy snack
- Breakfast-bring packets of oatmeal if you will eat it for breakfast, otherwise we will have fruit, bread, and yogurt
- We bring packets of ramen for the airplane or some sort of noodles that you can just add hot water to
- Everyone should bring 1 large container of Peanut Butter to share

### **Travel Documents**

- Photocopy of passport
- Photocopy of Visa
- Photocopy of tickets
- Copy of Insurance document

- Copy of ATM/ Credit Cards left with family member at home

*Note: All paperwork should be kept in a waterproof plastic bag within the carry-on only*

### **Wallet Items**

- **IMPORTANT!**---ATM card-Everyone should have an ATM Card for withdrawing cash. No Travelers checks. You must call your bank and provide them with the dates you will be traveling to Vietnam so that they do not cancel your card as soon as you swipe it in Vietnam.
- Driver's license
- Passport
- Visa
- Small amount of US dollars (\$200 ?)
- Info on Hotel, and all other contact information
- Cell phone-we use our cell phones on wireless only. You can download the skype app and purchase a skype phone number. This is a great way to call home, or you can facetime on Iphones from hotel using wireless

### **Carry-on Luggage**

- Bring at least one change of clothes in case your luggage is lost
- Sweatshirt/sweater-it is cold on the planes
- Socks
- Sweatpants-or something comfortable to wear on the very long trip!
- A small bag of toiletries-toothbrush, paste, brush, hand cream, etc...
- All electronics go in your carry-on!
- All travel documents
- Snacks for the plane/noodles, granola bars, etc...
- Motion sickness meds if needed

### **Other things:**

Gifts for the kids is always nice. Tee-shirts that say RI, candy other than lollipops which we can get there ( chocolate melts, so no chocolate). Fun pencils and pens, stuff like that---small and easy to carry.