



# SUGGESTED PACKING LIST

## PREPARATION FOR VIETNAM

### Clothing and Equipment

Whilst we are travelling you are responsible for your own luggage at all times. Therefore it is important that your luggage is light enough so that you can comfortably move it around. The following list is a **suggested guide** as to the items which should make up your luggage.

#### **Clothing:**

- |   |  |                          |
|---|--|--------------------------|
| 1 | Thongs   | <input type="checkbox"/> |
| 1 | General purpose shoes                                | <input type="checkbox"/> |
| 6 | Underwear/Socks (wash these in the shower as you go) | <input type="checkbox"/> |
| 1 | Jeans  | <input type="checkbox"/> |
| 1 | Swimmers   | <input type="checkbox"/> |
| 3 | Shorts/skirts  | <input type="checkbox"/> |
| 1 | Hat  | <input type="checkbox"/> |
| 6 | Shirts   | <input type="checkbox"/> |
| 1 | Sweater  | <input type="checkbox"/> |
| 1 | Rash Shirt   | <input type="checkbox"/> |

#### **Toiletries:**

- |   |  |                          |
|---|--|--------------------------|
| • | Toothbrush                             | <input type="checkbox"/> |
| • | Toothpaste                             | <input type="checkbox"/> |
| • | MouthWash                              | <input type="checkbox"/> |
| • | Deodorant                              | <input type="checkbox"/> |
| • | Sanitary items                         | <input type="checkbox"/> |
| • | Razor and Shaving foam (if applicable) | <input type="checkbox"/> |

Due to the heightened security at International airport all of the above should be packed in your main suitcase. If you intend to have any liquids, gels or foams in your carry-on luggage they must be in a container less than 100ml, which must then be placed in a clear plastic bag.

**Personal First Aid:**

- Imodium or Gastro-Stop (anti-diarrheal)
- Gastrolyte (replaces lost minerals and salt should you get a dose of traveller's belly!)
- Insect Repellent (Look for a brand that contains DEET)
- Sun block (for body and also a sun block stick for lips)
- Panadol and Throat Lozenges
- Aquim or Dettol hand sanitizer (rinse-free anti-bacterial hand wash)

**Equipment:**

- 1 Suitcase/duffle bag (max weight of **30kg**). You are also allowed one item of hand luggage and this can weigh no more than **7kg**.  
**Please note: On domestic flights within Vietnam, liquid bottles are not permitted in your carry-on baggage.**
- 1 Backpack – for day trips.

**Miscellaneous:**

- 1 Sunglasses (It is strongly recommended that any student who relies on lenses or glasses for safe clear vision should bring a pair of serviceable glasses **in addition** to contact lenses).
- 1 Wet Ones (especially useful if you are required to use a public restroom)
- 1 Money belt (optional). As long as you are careful with your money and are not intending on carrying large amounts of cash around with you a money belt is **not really necessary**.  
The cost of living in Vietnam is relatively cheap so each day the bulk of your money should be left in the hotel safe and you should be carrying a minimum amount of cash around with you.