

# ICEP VIETNAM PACKING LIST

## Becket-Chimney Corners YMCA

The weather in Vietnam will be hot and humid and rain showers are common during this part of the season. In the mountains it can be quite a bit cooler with temperatures dropping to around 60°F. The Vietnamese dress code is casual, and it's important to be presentable to show respect as a tourist. Clothes that are ripped/dirty or are revealing send a negative message that is culturally confusing and disrespectful. While locals may not comment on your attire, they may still feel offended. Shorts, T-Shirts, and Tank Tops are all common in Vietnam and light or quick dry materials are most comfortable. Unfortunately, there are more restrictions on female dress in Vietnam - avoid tight fitting clothing, short-shorts, and tops that over-expose shoulders like spaghetti straps and low necklines.

### ESSENTIAL ITEMS

- \_\_\_ **PASSPORT**— Good for at least 6 months past your return to the US. Sign the photo page and keep a photocopy at home.
- \_\_\_ **LUGGAGE**—Your preference of a backpack, rolling suitcase or duffel with wheels. You must be able to carry all of your belongings through the airport and load them in and out of vehicles yourself. Bags should weigh under 50 pounds.
- \_\_\_ **DAYPACK** – Like a school backpack, it should be comfortable for hiking and be able to carry up to three days of clothes and a towel in it.
- \_\_\_ **SLEEPING BAG** –You will sleep in this at camp. Even in the summer, nights at camp can be cool.
- \_\_\_ **SHEETS or SLEEPING SACK** – A sleeping sack is essentially a sleeping bag made out of a sheet, sewn up two sides. It is hot and humid in Vietnam, and this is what you will use for bedding.
- \_\_\_ **WATER BOTTLES (1-2)**

### CLOTHING AND FOOTWEAR

- \_\_\_ **PANTS (2 pr.)** – 1 pair for work/paint use, 1 pair for cooler days. Jeans are discouraged because they are heavy and hot.
- \_\_\_ **T-SHIRTS (6-8)** – 3 for work outfits ex. painting; 3-5 for regular use. Quick-dry material is best.
- \_\_\_ **TANK TOPS (3-4)** No spaghetti straps
- \_\_\_ **SHORTS (2-4 prs.)** – Avoid tight or short shorts. Athletic shorts recommended.
- \_\_\_ **LONG SLEEVED SHIRTS (2)** –It can get a little cold on trains and in the mountains.
- \_\_\_ **FLEECE (1)** – Or something mid-weight to keep you warm at camp and in the mountains.
- \_\_\_ **SUNGLASSES**
- \_\_\_ **GLOVES (1pr.)** – One set of work gloves.
- \_\_\_ **UNDERWEAR (10 - 15prs.)** – It is difficult to always do laundry; you can bring fewer and wash them with soap in the sink.
- \_\_\_ **BRAS (3-4)**

- \_\_\_ **SOCKS (10 -15 prs.)**
- \_\_\_ **PAJAMAS (1pr)**
- \_\_\_ **BATHING SUIT (1)** – Camp appropriate swimsuit: Swim trunks for boys, one-piece or athletic style bikini for girls.
- \_\_\_ **WATERPROOF, LIGHTWEIGHT RAIN JACKET (1)** – *very important*
- \_\_\_ **DRESS OUTFIT (1)** – Comfortable yet presentable for meeting hosts and special events *Suggestions:* For boys - a button down shirt and khakis, for girls - a skirt and shirt, or nice pants and top.
- \_\_\_ **SHOES (1 - 2 prs.)** – Service work is messy! Have a pair you don't mind trashing.
- \_\_\_ **FLIP FLOPS (1pr.)** – For showering.
- \_\_\_ **Teva/Keen/Chaco style SANDALS** – less hot than sneakers but still supportive when walking.

### MISCELLANEOUS

- \_\_\_ **TOILETRIES** – Bring enough for the whole trip.
- \_\_\_ **TRAVEL TISSUE** – Most bathrooms won't have toilet paper
- \_\_\_ **SUN BLOCK** – SPF 30 or higher. Bring a lot of sunscreen as you will use it the entire trip.
- \_\_\_ **PADS/TAMPONS** – Female campers should bring them even if you think you will not need them.
- \_\_\_ **TRAVEL TOWEL AND WASHCLOTH** – bring a towel that will dry quickly.
- \_\_\_ **CAMERA/Memory Card/Charger** –This cannot be your cell phone; cell phones are not allowed.
- \_\_\_ **MONEY BELT OR FANNY PACK** – bring something you can carry money/passport in that is close to your body (not a purse or backpack). You will be responsible for your passport on the program.
- \_\_\_ **WATCH** – It is really important to be on time.
- \_\_\_ **TRAVEL ALARM CLOCK** – You may be responsible for waking up the group during the trip.
- \_\_\_ **SPARE EYEGLASSES** – For contact wearers.
- \_\_\_ **GIFT FOR HOST/SERVICE PARTNERS (1)**– Be creative; think of something special from where you live. For example: a calendar, clothing from local sports teams, games, crafts, picture books or kitchen items.
- \_\_\_ **BUG REPELLENT**

- \_\_\_ **EXTRA BAG** – to keep at camp with anything you decide not to bring
- \_\_\_ **FIRST AID KIT\*** – Keep it small and fill it with items you may commonly need or use. Tums/Pepto Bismol, Fiber pills, Ibuprofen have all been recommended. Leaders will also carry a kit.

## OPTIONAL

- \_\_\_ **BOOKS, MUSIC, GAMES** – For long waits and plane rides. You can bring music or reading devices like IPODs or Kindles without wi-fi access but you are responsible for them. Charging may not always be available, outlets will be different.
- \_\_\_ **OUTLET ADAPTOR AND VOLTAGE CONVERTER** – Find them at BestBuy or other electronic stores. Electricity in Vietnam is 220 V and 50Hz. The various types of outlets used are Type A, C, and G.



- \_\_\_ **ANTI-BACTERIAL HAND GEL**
- \_\_\_ **FLASHLIGHT OR HEADLAMP** – For at camp

- \_\_\_ **UMBRELLA** – A travel size umbrella is good for the sun and the frequent rain.
- \_\_\_ **HAT** – To keep sun out of your eyes
- \_\_\_ **PHRASEBOOK OR DICTIONARY** – Lonely Planet recommended.
- \_\_\_ **MUSICAL INSTRUMENT**
- \_\_\_ **RECIPES** – For cooking with homestay or group
- \_\_\_ **JOURNAL/ LETTER WRITING MATERIALS**
- \_\_\_ **PHOTOS FROM HOME** – To break the ice with people you meet. Photos of your family, pets, friends, hometown, etc.
- \_\_\_ **SMALL TEACHING SUPPLIES**-- Previous groups suggested colored chalk, flashcards for teaching English, writing paper for tracing letters, small notebooks, etc.
- \_\_\_ **SET UP SKYPE ACCOUNT**- While not guaranteed, participants may have occasional access to Skype to call home.
- \_\_\_ **SOUVENIR MONEY** – You will not need any money to fully participate, but most ICEPers bring around \$300 to spend on souvenirs and extra snacks. Bring \$60 in US dollars and the rest on a VISA or Mastercard debit card not a visa gift card. Know your pin number and let the company know you are using the card abroad.

**\*All medications must remain in their original packaging.** If you use prescription medication, please ensure you bring enough supplies to last through the entire program, plus a little extra. All meds will be turned in to the infirmary while at camp and will be given back to you before you leave for your trip.

## WHAT NOT TO BRING

- Cell Phones, computers, tablets, I-pod touch (MP3 players okay)\*\*
- Expensive/large jewelry or watches, valuable personal items, any sort of “bling”, or anything you would be sad to lose or get really dirty
- Pocket knives or weapons of any kind



\*\*TSP Participants are not allowed to bring electronic devices that allow them access to the internet or texting. Standard MP3 players are okay. If your phone is also your camera, MP3 player etc. you will need to bring separate devices or go without.

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## PACKING LIST GUIDE

Items on the packing list can be borrowed from friends, found in thrift stores, or purchased from most outdoor gear retailers such as REI, Eddie Bauer, L.L Bean, etc. Good deals on items can sometimes be found online at sites such as [Steep and Cheap](#), [Backcountry](#), and [Sierra Trading Post](#).

See below for links to items we frequently receive questions about:

- [Sleeping Sack](#)
- [Travel Pillow](#)
- [Waterproof Rain Jacket](#)
- [Headlamp](#)
- [Work Gloves](#)
- [Travel Towel](#)
- [Money Belt](#)
- [Phrasebook](#)