

Vietnam & Cambodia Packing List

Clothing

Short sleeve shirt(s)
Long Sleeve shirt(s)
Sweater
Jeans and/or long light pants or capris
Skirt or sun dress
Pajamas
Underwear
Socks
Jacket (lightweight rain jacket worn over sweater should be fine)
Sandals
Walking or hiking shoes (especially good in the north where it may be too cool for sandals)
Swimsuit

Accessories/personal items

Passport
Travelers checks
Cash
Credit/debit cards
Reading materials (e-reader, magazines, books, etc.)
Guidebook(s)
Maps
Eye shade
Notepad/journal
Pens
Sunglasses
Travel documents (boarding passes, contact info, directions, printouts w/ reservation confirmations, etc.)
Alarm clock
Binoculars
Flashlight
SteriPEN (bottled water will be readily available but if you want to cut down on waste, consider this water purifier)
Water bottle (for your own purified water)
Gifts for locals (if you like)
Postcards from your home city (to share with locals)
Games (card or other small games)

Electronics

Cell phone (make sure it is “unlocked” by your carrier so that you can use a local SIM card with it.)
Cell phone charger
Camera
Camera charger
Memory card(s) for camera
Video camera
Video camera charger
iPod
iPod charger

Toiletries

Conditioner
Shampoo
Hairbrush
Deodorant
Hand lotion
Face lotion
Facial soap
Makeup
Razor
Toothpaste
Toothbrush
Tweezers & nail clippers
Dental floss
Feminine products

First aid kit

Tiger balm or pain reliever
Prescription medicines
Anti-diarrheal
Mosquito repellent
Malaria prophylaxes (consult with your doctor as to whether you want this)
Tea tree oil (for cuts)
Sunscreen
Antibiotic cream
Ace bandage
Handi-wipes and/or anti-bacterial gel
Safety pins
Lip balm
Band-aids

Pack as little as possible and bring only one carry-on if you can manage. Though there will be people at the hotels to help with bags, the lighter you can travel, the happier you'll be!

Do dress in layers. In Vietnam, nights can be cool in the north and days may be warm. You might encounter some rain from the winter monsoon so a light rain jacket would be helpful and easy to pack. Cambodia will likely be hot day and night.

Hiking boots are not necessary for the hikes but for those concerned about ankle support, boots will come in handy. Make sure that whatever you bring, they're broken in before you arrive.

Note - Though shorts and tank tops are often worn by tourists in the south, particularly in Saigon, the locals generally dress more conservatively, covering their shoulders and knees. You might opt for something a bit more conservative than what you might wear in warm weather.

In the south, **skirts, capris** or **light pants** are all fine worn with **light, short sleeve shirts**. In the north, **jeans** or other **comfortable pants** and layers that include a **shirt** or **light sweater or jacket** will work fine.