

vietnam experience, kit list



The items listed below are purely recommendations. The list has been designed by the local ground handler and past challenge leaders; however please take into account your personal preferences and common sense. We are open to further recommendations upon your return. See what you can borrow, and if you need to purchase any items, remember that you can get a 15% discount on equipment from **Nomad Travel Stores** (call 020 8889 7014 and quote the special discount reference **CC1001** or click here to shop with [Nomad Online](#)). Nomad Travel Stores will also put together a first aid kit specifically for your expeditions.

We have also negotiated a 15% discount with **Cotswold Outdoor Ltd** at any of their stores nationwide. You will need to quote AF-CHARITY-D7 when making your purchase either online (www.cotswoldoutdoor.com), from the Cotswold Outdoor catalogues, or by mail order Tel. 0844 557 7755 Fax. 01666 575 507. Please [click here](#) to open full details of the scheme.

If you would prefer to hire kit, please contact Trek Hire (01306 886333 or visit www.trekhireuk.com).

Try to use your equipment before you go – particularly your rucksack, cycling kit, boots and sleeping bag (if camping) – this will show up any manufacturing faults and whether they are comfortable enough. Good footwear and care of the feet is most important. Well broken-in walking boots should be worn on treks. Trainers are too flimsy for wilderness treks and trainer boots are not appropriate. Sandals leave the feet exposed to sunburn, abrasions, thorns, insect and animal bites.

Bring as little as possible but bring everything you need. Travelling light is much less of a hassle, so do not bring things you can do without. If you need to wear jewellery, keep it simple and inexpensive. The general rule is that if you don't need it, don't bring it. Always keep your night clothes in a watertight bag to ensure they stay dry if there is a sudden downpour or if you are crossing water – you will have a much better night's sleep in dry clothing. Bring clothes that wash and dry easily (jeans take forever to dry and should not be worn on the trek).

Your main bag should not weigh more than 15kg. If you exceed this limit, you may be charged for excess luggage on internal flights or when entering National Parks. Additionally, in line with our responsible tourism policy, it is important not to overload the porters and transfer agents who have to carry and transport it. Your hand luggage should not exceed 5kg and maximum dimensions of 56x45x25cms. Please make sure you pack your rucksack/kit bag yourself, and do NOT under any circumstances take any items through customs that are not yours or that you have been asked to deliver for someone else.

If possible, lock your bags before you check them through at the check-in desk. When packing, think carefully about what you are packing in your hold luggage as, once you have handed it over at check-in, you will not see it again until you arrive at the other end. Don't pack things you will need again before or during the flight – such as medicine - and make sure you have an adequate supply. Keep extra cash, passports and house keys in your hand luggage. Also, if taking a long flight, it is sometimes a good idea to take toiletries such as toothbrush to freshen up on the long journey but please do remember that there are strict regulations governing the transport of liquids in hand luggage. For the most up-to-date air travel hand luggage rules, please follow the link [here](#).

Don't pack valuables, cash, fragile or perishable items in your hold luggage. Airlines and insurance companies will not accept liability for them. When leaving the UK, we recommend that you wear your trekking boots and trekking/cycling gear, and take as much as possible in your hand luggage, especially a full day's underwear and other clothing. This is to ensure that in the unlikely situation that your bags do not arrive at your final destination, you are still able to make a start on the expedition while we relocate any missing baggage.

item	take it?
baggage and sleeping	
Kit bag or rucksack	Yes
Camelbac or similar (for extra water, sun cream, camera, film)	Yes
Handle bar bag/bum bag	Optional
clothing	
Cycling helmet (MUST BE WORN AT ALL TIMES WHILST CYCLING)	Yes
Cycling gloves	Yes
Cycling shorts 2 pairs (padded pairs can be more comfortable)	Yes
Riding t-shirts or shirts (wickaway preferably)	Yes
Baggy shorts to wear over cycling shorts for modesty	Yes

Trousers (lightweight, avoid jeans)	Yes
Sweatshirt / Fleece	Yes
Underwear (light And loose)	Yes
Socks (cycling and light)	Yes
Cycling shoes	Optional
Lightweight waterproof jacket	Yes
Sandals or flip flops for evening	Yes
Swimming costume	Yes
Wide brimmed hat/cap	Optional
hygiene	
Toothbrush & toothpaste, shampoo/conditioner (bio-degradable), antiseptic wipes or baby wipes, lip salve with sun protection	Yes
Razor & cream, shower gel, travel towel, soap (anti-bacterial or bio-degradable), hairbrush/comb, sanitary products	Optional
health	
Malaria medication	Yes
Vitamins	Optional
After sun/moisturizer	Yes
Sun protection (factor 30 minimum)	Yes
documents (where relevant, please leave a copy at home with your next of kin)	
Passport	Yes
Flight tickets (to be issued at airport)	Yes
Cash	Yes
Travellers cheques	Optional
Credit card (for emergency)	Yes
Travel insurance	Yes
Vaccination certificates (not needed as a condition of entry however very useful if medical attn needed in country, originals not necessary)	
other	
Bikes are provided – please see your expedition Q&A for more information. You MUST provide us with your height on your booking form in order for us to order you the correct sized frame. (If you do not do so at the time of booking, please email expeditions@charitychallenge.com with this information)	
Gel seat	Optional
Pedals (only if you use cleated cycling shoes and want to use them in conjunction with your own pedals)	Optional
Camera	Optional
Camera film	Optional
Puncture repair kit	Yes
Mini tool kit	Optional
Mini pump	Yes
Sunglasses (good quality with high 100% UV protection)	Yes
Water bottle (two 1litre bottles minimum)	Yes
Odometer	Optional
High energy snacks (tracker bars, dried fruit and nuts)	Yes
Contact lenses (bring spare lenses, and glasses in case of dust)	Optional
Ear plugs	Optional
Tape to secure bike boxes	Optional
Cord or string	Optional
Re-sealable plastic bags (for laundry & to protect from damp etc)	Optional
Toilet paper (buy in country)	Yes
Sewing kit	Optional
Note book and pen(s)	Optional
Alarm clock, watch	Optional
small first aid kit	

Insect repellent	Yes
Oral rehydration sachets	Yes
Pain killers/Paracetamol	Yes
Adhesive dressing (plasters and wound dressings)	Yes
Compeed blister pads/Second Skins	Yes
Antiseptic spray	Yes
Diarrhoea tablets (Immodium or Pepto Bismol)	Yes
Any medication you normally use	Yes
Vaseline	Optional