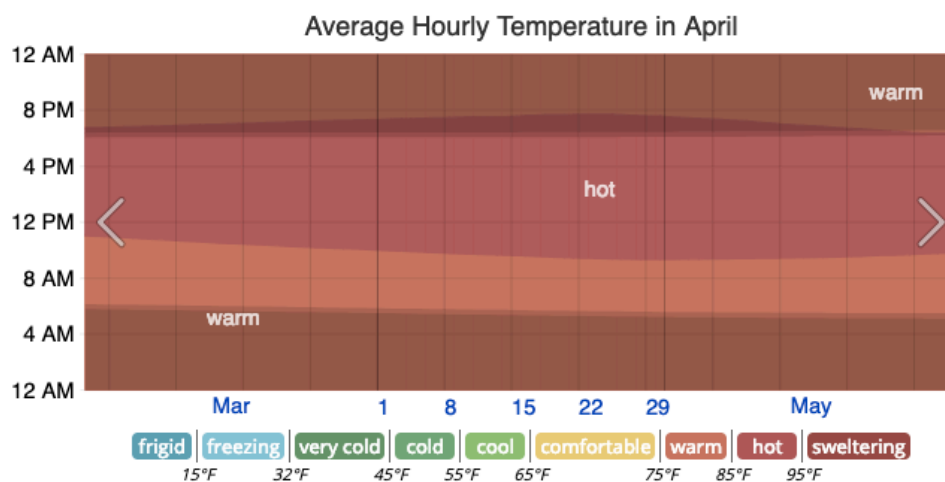




Vietnam: Weather

In Vietnam in April, daily high temperatures are around 94°F, rarely falling below 90°F or exceeding 97°F. Daily low temperatures are around 79°F, rarely falling below 75°F or exceeding 82°F. In April, the chance of a wet day over the course of the month is rapidly increasing, so rain gear will be essential!



The average hourly temperature, color coded into bands. The shaded overlays indicate night and civil twilight.

Packing List

We recommend layering as the best way to stay warm or keep cool. Our happiest travelers are always prepared for rain or shine! Please bring clothing to layer and accommodate a range of conditions from hot and humid to cool and wet weather. Light-colored clothing will keep you cool in the daytime. Start with a cool, breathable shirt to layer under a rain jacket or something of the sort. Don't forget your travel poncho/umbrella, just in case!

Undershirts are always recommended for hot and humid climates, that way you can rotate them under your over-shirts, extending the life of your clothes.



Clothes

Participants are encouraged to bring a cap of some kind for sun protection instead of sunglasses. This protects your head and your eyes and leaves you more open to connecting with the people we meet.

- ▶ Light-colored, light-weight clothing. Quick drying, breathable materials help you stay cool.
- ▶ Short-sleeve shirts/blouses *Note that shoulders should be covered for temple visits
- ▶ Long pants and a light long-sleeve shirt/cover-up to protect against mosquitoes in cooler areas
- ▶ Sweater / light jacket for evenings
- ▶ Good walking shoes that can get dirty
- ▶ Comfortable clothes for relaxing in the evenings
- ▶ A nice, yet casual outfit
- ▶ 2-3 outfits that are light & comfortable, and cover at least half of the arms and legs for visits to rural areas
- ▶ 2-3 business casual outfits for visits to factories
- ▶ Sun hat or cap
- ▶ Socks
- ▶ Sandals & flip flops
- ▶ Sleep wear
- ▶ Fitness attire
- ▶ Bathing suit to swim in hotels
- ▶ Small umbrella and/or waterproof jacket or poncho

Essentials

- ▶ Passport
- ▶ Money pouch
- ▶ Lock for suitcase
- ▶ Cash (see spending guide above)
- ▶ Day pack with zipper closure
- ▶ Photocopy of your passport & insurance policy (You can email yourself a scanned copy)
- ▶ Earplugs (Dogs, buses, noisy neighbors – a pair of good earplugs can be invaluable!)
- ▶ Plug adaptor *see electricity section above
- ▶ Flashlight (power outages are not uncommon)
- ▶ Toiletries & hand sanitizer/wet wipes
- ▶ Water bottle / Coffee thermos

Medical Kit & Toiletries

You should include an adequate supply in your hand luggage of any prescribed medication (in its original labeled container) you may require while traveling.

- ▶ Sunscreen
- ▶ Bug spray and/or DEET
- ▶ Bring medication you are taking, packed in the original bottle with prescription label (if applicable)
- ▶ Allergy medication (please bring your own epi-pen if you have allergies that require it)
- ▶ If you have a favorite doctor, bring their phone number in case you get sick and want a trusted expert with whom to talk
- ▶ Re-hydration salts and anti-diarrhea preparations
- ▶ Pepto-Bismol for stomach upsets
- ▶ Painkillers
- ▶ Motion sickness medication (i.e. wrist bands, Dramamine, prescription Scopolamine)
- ▶ Benadryl / antihistamine medicine
- ▶ First aid kit - antiseptic cream, Band-Aids, sterile wipes
- ▶ Pre-moistened antibacterial hand wipes (wet type)
- ▶ Razor
- ▶ Shampoo and conditioner
- ▶ Hand lotion
- ▶ Soap
- ▶ If you purchased medical insurance for your trip bring a copy of your travel insurance card.

Optional Extras

- ▶ An tote bag to bring home purchases (or leave a little room in your suitcase)
- ▶ Book for reading on plane
- ▶ Watch / alarm clock
- ▶ Notebook and pens
- ▶ Camera & batteries
- ▶ Travel pillow
- ▶ Energy bars and snacks, if desired