



Smile Train: Journey of Smiles to Vietnam - October 2023

Suggested Packing List

Weather Conditions

Vietnam is generally hot and humid, though October is a great time to travel. In October when you arrive to Ho Chi Minh City in the south, temperatures will be in the high 80's °F. While it does rain in October, the sunshine is stronger and rainfall not as strong as in September. In the north, when you visit Hanoi, the wet season is also tapering off, and temperatures average in the high 70's °F. The temperature may drop quite a bit in the evening and early morning, so bring layers.

Luggage & Packing

We recommend packing any medications you take, a change of clothing, and any valuables in your carry-on bag in case your checked bag is lost or delayed. Be sure to have luggage tags with your contact information on each bag and a lock when possible.

Please keep in mind the **luggage restrictions** since you will be taking a domestic flight.

Checked luggage: 1 bag; maximum 20 kg (44lbs)

Carry-on: 1 bag; maximum 7 kg (15 lbs)

The Essentials

Documents:

- Passport (original and photocopy)
- International flight itinerary
- Visa for Vietnam
- Medical Insurance Policy & emergency phone numbers

Electronics:

- Camera, extra batteries, and charger
- Battery power bank/charger
- Chargers for all electronics
- Plug adaptors or a universal adapter
 - For Type F plug, and converter (voltage is not uniform)

Travel Essentials:

- Credit cards and cash (see money section in country guide)
- Reusable water bottle
- Prescription medicine
- Journal, book, etc
- Day pack or cross-body bag and tote bag / packable reusable shopping bags
- Energy bars and dry snacks
- Earplugs
- Prescription medicine
- Glasses and sunglasses



Clothing

Attire should be nice, but comfortable. To protect against mosquitoes, we recommend light, long-sleeve shirts and pants. Pack some clothes that are more modest for site and home visits.

- Long pants suitable in hot weather / mid-to-long skirts
- Light shirts / blouses
- A warm sweater for evenings
- Good walking shoes
- Bathing suit (optional, for Ha Long Bay!)
- Small umbrella and/or waterproof jacket or poncho
- Sun hat or cap
- Socks
- T-shirts
- Sandals & flip flops
- Sleep wear
- Comfortable clothes for relaxing in the evenings

Medical Kit & Toiletries

As you see fit for your personal use:

- Sunscreen and lip balm with an SPF
- Toothbrush, toothpaste
- Insect repellent
- Prescription medication with original labels
- Cipro or other antibiotic in case of stomach issues
- Anti-diarrhea medication
- Allergy medication and epi-pen if needed
- Re-hydration salts or electrolyte powder, Emergen-C or Nuun tablets
- Medication for indigestion - Pepto-Bismol, Tums, etc.
- Over the counter medication
- Painkillers
- First aid kit - antiseptic cream, Band-Aids
- Pre-moistened antibacterial hand wipes
- Travel-sized soap, lotion
- Travel sized shampoo and conditioner
- Hair brush, comb, hair ties or clips
- Travel packs of tissues
- Eye drops
- Sleeping medication if helpful
- Contact lenses and contact lens solution
- Phone number of a trusted doctor