

sapa hill tribe trek, 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	
Large Rucksack / Soft bag. (A Suitcase Is Not Appropriate) Note: On trekking days your luggage will be carried in 40L, 100% waterproof bags provided by us. Large rucksacks with spare kit can be left at the office in Sapa.	Yes
Day Rucksack (For Suncream, Camera, Film, Water Bottles Etc)	Yes
Sleeping Bag - 2 season (sleeping bags are provided but feel free to bring your own if you wish)	Optional
Sleeping mat / Thermarest (sleeping mats are provided but feel free to bring your own if you wish)	Optional
clothing	
Long-Sleeved Shirts	Yes
T-Shirts	Yes

Fleece for evenings	Yes
Trousers (Such As Lightweight Cargo Trousers, Avoid Jeans)	Yes
Shorts	Optional
Swimwear	Optional
Underwear	Yes
Socks (Hiking/Leisure)	Yes
Dress/Skirt/Sarong	Optional
Lightweight Water & Wind Proof (Jacket & Trousers)	Yes
Walking Boots (Sturdy Well Worn In Boots)	Yes
Ankle Gaiters (For Stopping Grass Scratches And Rashes)	Optional
Trainers For Evenings	Optional
Sandals/Flip Flops	Yes
Wide Brimmed Sun Hat & Cotton Scarf	Yes
hygiene	
Toothbrush & Toothpaste, Soap (Anti Bacterial & Bio-Degradable), Shampoo/Conditioner (Bio-Degradable), Lip Salve With Sun Protection, Antiseptic Wipes, Anti-Bac Hand Gel, Deodorant, Toilet Paper/Tissues	Yes
Razor & Cream, Sanitary Products, Shower Gel, Travel Towel, Hairbrush/Comb, Vaseline	Optional
health	
Insect Repellent (Containing DEET)	Optional
Vitamins	Optional
Malaria Tablets (Seek Advice From Your GP)	Optional
After Sun/Moisturiser	Yes
Sun Protection (Factor 20 Minimum)	Yes
documents (where relevant, please leave a copy at home with your next of kin)	
Passport & Photocopy of details and visa page	Yes
Visa (see Vietnam Fact File for more information)	Yes
Air Travel Tickets (you will receive these at the airport)	Yes
Drivers Licence	Optional
Cash	Yes
Travellers Cheques	Yes
Credit Card	Yes
Travel Insurance	Yes
Vaccination Certificates	Yes
other	
Walking poles	Yes
Camera & Films	Optional
Binoculars	Optional
Sunglasses	Yes
High Energy Snacks (Tracker Bars, Dried Fruit And Nuts)	Optional
Contact Lenses (Bring Spare Lenses, And Glasses In Case Of Dust)	Optional
Penknife (pack in main luggage)	Yes
Gaffa Tape (For Emergency Repairs)	Optional
Sewing Kit	Optional
Note Book And Pen(s)	Yes
Alarm Clock	Optional
Watch	Optional
Torch (With Spare Batteries And Bulb) Head Torch Recommended	Yes
Water Bottle	Yes
Ear Plugs & Eye Mask	Optional
Re-Sealable Plastic Bags (For Dirty Washing Etc)	Optional
Spare Boot Laces	Optional
small first aid kit	

Pain Killers/Paracetamol	Yes
Adhesive Dressing (Plasters)	Yes
Compeed Blister Pads	Yes
Iodene	Yes
Antiseptic Spray	Optional
Diarrhoea Tablets	Yes
Any Medication You Normally Use	Yes