



AnimalsAsia

Until the cruelty ends

VIETNAM HILL TRIBE TREK and BEAR SANCTUARY VISIT

12-21 October 2013



Hike in the Vietnamese countryside



Visit the moon bear rescue centre



Enjoy bustling Hanoi

Join us on this fundraising adventure in Vietnam to help end bear farming and improve the welfare of animals in Asia

www.animalsasia.org

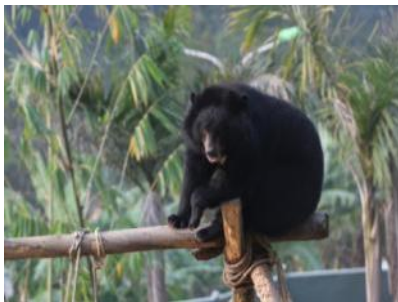
Vietnam Hill Tribe Trek and Bear Sanctuary Visit 12 – 21 October 2013

About Vietnam

Vietnam shares its land borders with Cambodia and Laos to the west and China to the north whilst her eastern border is the 3,000kms of coastline facing the South China Sea. Its two main cultivated areas are the Red River Delta in the north and the Mekong Delta in the south. With a population of almost 88 million, Vietnam is one of the most densely crowded nations in the world with 80 per cent of the population still living a rural existence. The majority of the population are Viet or 'Kinh' (87 per cent) people who speak the tonal Vietnamese language. The remaining 13 per cent is made up of over 50 ethnic hill tribe peoples who live mostly in the central and northern mountainous areas of the country. Each hill tribe has its own unique customs and dialect and most speak Vietnamese.



The Bear Sanctuary



With the assistance of local government forestry departments, Animals Asia's Moon Bear Rescue Centre in Tam Dao, Vietnam has saved over one hundred bears from the cruelty of the country's illegal bear bile industry. After months of surgery and physiotherapy to mend shattered bodies, the bears are rehabilitated and live out their lives in semi-natural enclosures and dens – but the sanctuary is far more than a refuge for rescued bears. Research both here in Vietnam and at our Chengdu sanctuary during the past 18 years has amassed groundbreaking evidence of how bear farming is killing the bears,

and doctors in Vietnam have reported a number of cases of bear bile poisoning in those that consume it, including some that have resulted in the death of the patient.

Our Vietnam Rescue Centre is positioned on 12 hectares of land just outside the buffer zone of beautiful Tam Dao National Park and is big enough to house 200 rescued bears in bear houses with outside enclosures. Today, over 14,000 endangered moon bears are held on bile farms throughout China and Vietnam and undergo torturous extraction methods for their bile because it is believed to be effective as an ingredient in traditional Asian medicine despite the availability of inexpensive and effective herbal and synthetic alternatives.

Hanoi

Vietnam's lovely leafy capital is a city of lakes, shaded boulevards and public parks. With narrow alleyways lined with shops selling traditional handicrafts and arts, the old centre is an enchanting place to wander. A mass of motorbikes swarms through the tangled web of streets, locals sip coffee and take part in synchronised t'ai chi. Designer clothing stores sit next to noodle bars, and the colonial legacy of Vietnam's past is complimented by the modern high rise buildings. Hanoi is a paradox but it is also fascinating and beguiling.



The Trek

This trek is rated moderate but you will need to prepare with some general fitness training. The area you will visit sees very few tourists each year, so it is a very interesting and remote itinerary with lots of opportunity to encounter and engage with the various local ethnic minority groups. The itinerary is subject to change depending on the weather and, particularly, rainfall. Accommodation will be in a mixture of home-stay and local community buildings, with meals being prepared by and taken with the locals.



Itinerary

Day 1 (Sat 12 Oct): Depart for an overnight flight to Hanoi.

Day 2 (Sun 13 Oct): Arrive in Hanoi and transfer to a central hotel. Rest of the day at leisure to settle in and explore independently. Gather for a welcome dinner at a local restaurant tonight.

Day 3 (Mon 14 Oct): After breakfast we depart Hanoi for a scenic drive to Pu Luong Natural Reserve (approx 4 hours). We will reach Mai Chau valley by lunchtime, after which we drive a further 22km into the reserve to the point from which we begin our trek. We start off gently with an approximate 3 hour trek this afternoon, stopping for the night in Hang Village, home to a Thai ethnic minority. We spend the night with local Thai families in their traditional stilted houses and have the chance to stroll around the village before dinner. Trekking: approx. 3 hrs/easy terrain

Day 4 (Tue 15 Oct): Today we will be walking for around 6 hrs on a rocky path running mostly through jungle. We make a lunch stop in a village along the way, after which we will pass through several Thai villages before arriving at the village of Kho Muong, a Muong minority village where we stop for the night. Trekking: approx. 6 hrs/slightly uphill/rocky path

Day 5 (Wed 16 Oct): A harder day today, as we climb to the Pu Luong range, passing through a number of small hamlets and minority villages en route. After 3 hours of light ascent, we will then descend to the village of Cao Hoong, a village of Thai ethnic minority people, where we spend the night in local homes. Trekking: approx. 6 hrs/light climb followed by a gentle descent

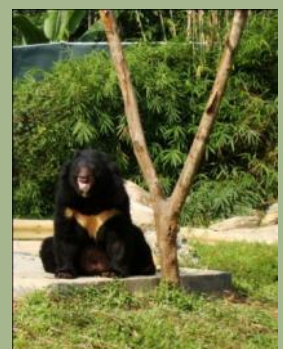
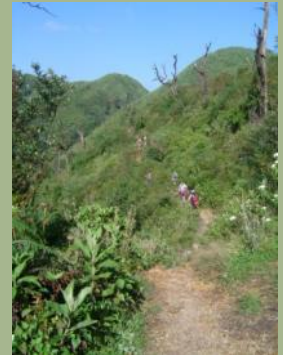
Day 6 (Thu 17 Oct): Today's trek through the verdant countryside will take around 6 hours. The trek path runs uphill and downhill through forest, rice terraces and scenic villages. On the trek we are likely to see farmers working on rice paddies and children going to school. We spend the night in the Thai village of Cao. Trekking: approx. 5 hrs/small climbs

Day 7 (Fri 18 Oct): It is an approximate 2 hour trek this morning to Pho Doan, where we will visit the local market. Continuing along the Ma River, we will then be able to enjoy lovely views of the river, paddies and a waterwheel. After a further 2 hours we will be picked up and transferred to Mai Chau for a late lunch, before continuing back to Hanoi. Trekking: approx. 4 hrs/long descent

Day 8 (Sat 19 Oct): Round off the trip with a full-day excursion to Tam Dao, to visit the bear sanctuary and meet the local team. Return to Hanoi for a farewell dinner this evening.

Day 9 (Sun 20 Oct): Free time to explore Hanoi until your transfer to the airport for the return flight home.

Day 10 (Mon 21 Oct): Arrive back into London.



BEFORE YOU GO: An A-Z of information on Vietnam

A is for Arrival. You must obtain a visa to enter Vietnam. This can be purchased in advance via the Vietnamese Embassy (<http://www.vietnamembassy.org.uk/>) or you can apply for a visa approval letter which allows you to receive a visa on arrival. Please contact us with any queries. You should check visa validity and conditions carefully. Tourist visas are usually valid for 30 days.

For visa on arrival you will need:

- A Passport with at least six month validity is necessary (please also take a photocopy)
- 2 standard size passport photos (4.5x3.5cm)
- US\$25 Cash for tourist visa fee (Paid directly to the immigration officials in US Dollars). Please note costs change regularly.

Entry to Vietnam may be refused if your passport has less than six month's validity.

All visitors to Vietnam must complete an arrival card. This should be submitted together with passport and visa to the Immigration officials, as well as the Customs officers. The Exit portion will be torn off and returned to the visitor, who should retain this for presentation upon departure.

A is for Accommodation. You will stay in a variety of accommodation during this challenge including local home-stay accommodation and basic lodges during the trek and 2-3* hotels while in Hanoi (on a twin-share basis where possible). During the trek the group will stay in a village house (a long house or stilt house). Each house can accommodate 20 – 25 people. A sleeping area will be set up with a mattress, pillow, blanket and mosquito net but you are advised to bring a lightweight sleeping bag or sleeping bag liner for your comfort.



B is for Begging. Begging in Vietnam has become more prevalent in recent years especially where tourists congregate. Begging has become an issue in Vietnam due to the best but ultimately wrong intentions of tourists and we **strongly advise against** giving anything to beggars or offering gifts to children. Please ask your local guide and tour escort for appropriate ways of giving.

B is also for Books/Further reading.

Rough Guide to Vietnam (April 2012) ISBN 978-1405389730. £15.99

Lonely Planet Vietnam (Feb 2010) ISBN 978-1741797152 £15.99

Lonely Planet Vietnamese Phrasebook (Sept 2010) ISBN 978-1741047899 £4.99

B is also for Booking Early!

There are so many benefits to booking early on this Vietnamese adventure. Firstly, if you book before 6 January 2013, you will receive a discount of £100! In addition, you will have longer to fundraise, plenty of time for fitness training and to get kitted out and generally prepare yourself. Finally, by confirming your place by January the more flight options we have (so we can try to avoid long stopovers and awkward departure times where possible!) and the less chance there is of flight prices rising which may incur supplementary charges. Don't miss out! Book today!

C is for Communications.

You can make a phone call to your home country at half the cost of standard calls with 178 or 171 services. With these services, cost is about 40p per minute to most of countries but please check with your network provider. Dial 171 (or 178) + 00 + country code + city code + number. The Vietnam country code is +84. Internet cafes have sprung up throughout the country and can be found in every city frequented by foreign tourists. Internet speed is generally very fast in big cities.

C is also for Clothing. Vietnam is a hot country so tropical weight clothing is appropriate throughout the year. Non-cotton breathable trekking gear is strongly advised for the trek and loose, lightweight clothing is advised for your time in Hanoi. Vietnam is fairly relaxed about clothing but women should avoid wearing shorts (unless they are knee length or longer) mini-skirts, cleavage revealing tops or bare backed dresses. Men should wear light weight trousers, shorts and shirts or smart T-shirts (with absolutely no obscene, offensive, suggestive or potentially insulting writing or logos). When entering temples, you should cover up.

D is also for Daypack. You will need a daypack for your trek which you will carry yourself so don't make it too heavy. We recommend a 25-30 litre pack, with **chest strap and hip belt**, which may weigh around 5kg or more when packed with water and other essentials. A daypack with a 'freeflow' or 'airflow' section will help keep your back cool while you are trekking. You will need to carry some essentials with you such as a sun hat, sunglasses, sun cream, water, tissues/wet wipes, medical kit, snacks, camera etc. Porters will carry your main luggage which you will have access to each night.

D is for Dehydration. You are advised to drink at least 2l of bottled water each day and have a supply of rehydration salts in the event of you suffering from diarrhoea or vomiting. Adding electrolyte tablets (such as Nuun) to your water can prevent dehydration caused by day-to-day exertion. It also makes plain water taste more palatable. It is important to take sensible precautions regarding water safety. Avoid ice in drinks, drink only bottled water, do not let water get into your mouth while you are showering, and **never** use the tap water to brush your teeth or rinse your mouth as tap water is undrinkable. See also W for Water.

D is also for Dietary Requirements. The majority of special diets, such as vegetarian, vegan, gluten-free, etc., can be catered for. Please ensure that you notify us of any dietary requirements at the time of booking or as soon as possible.

D is also for Difficulty. This trek is considered moderate with some small uphill sections, rocky areas underfoot and a long descent on the final day. The trek will be strenuous for those are unfit so it is advised that you are of a good level of general fitness to get the greatest enjoyment from the challenge.

E is for Etiquette. The wearing of shorts in Vietnam should be avoided away from the beaches if possible. You must be covered up and shoes must be removed on entering religious sites and a donation is expected when visiting a temple or pagoda. Photography is restricted at ports, harbours and airports, and it is polite to ask permission before taking photographs of people, especially of ethnic minorities. Never leave chopsticks sticking upright in a bowl of rice as it has strong death connotations.

E is for Expenses. Please remember to allow extra money for guide tips, laundry, drinks, visas, souvenirs, telephone calls and any other personal spending. Vaccinations, malaria tablets, insurance and personal equipment is not included. See also I is for Inclusions

E is also for Electricity. The sockets in Vietnam vary between the two flat parallel prongs (USA style) – most common, two round pins (European style) and three square pins (British style). It is advised that you take an adaptor that will work on any of these options.

F is for Food.

Due to its history, Vietnamese cuisine is unlike any other in Asia. Rice and noodle dishes are the staple of Vietnamese food whilst fish, chicken, and/or pork dishes served along with cooked vegetables and rice form a typical meal. The distinct flavours of Vietnamese food come primarily from mint leaves, coriander, lemon grass, shrimp, fish sauce, ginger, black pepper, garlic and basil. The country's 3 main regions, the North, the Centre and the South each have their own distinct cuisine. Generally the North is best known for its noodle soups, and meat and seafood stir-fries. The

central region, especially in and around the former capital Hue, has some of the most elaborate dishes. In the south, where there is a greater abundance of spices, the food tends to be a little hotter.

F is for First Aid kit. Especially whilst on the trek you should have a small first aid kit of essential items which is for your own personal use. Your tour leader is not allowed to give you medication so you must ensure you have access to your own first aid kit in your daypack each day. Items to include: personal prescription medicine, painkillers, plasters, insect repellent (containing 50% DEET), anti-histamine tablets and cream, Imodium (loperamide), rehydration sachets, throat lozenges, decongestant, lip balm with SPF, antiseptic cream, scissors, zinc oxide tape etc.

F is also for Fitness. Participants must ensure they are in good shape and prepared for the challenge. The conditions experienced on this trek will differ to that in the UK and plenty of training and preparation is essential for your success. A training guide will be provided upon booking but it is your responsibility to adapt the training to your own schedule and abilities. DTC reserves the right to refuse anyone to take part if they are not fit enough.

H is also for Health. Most travellers to Vietnam usually experience nothing worse than upset stomachs during their trip. However it is necessary to take precautions in the form of proper immunisations and vaccinations. **You must seek medical advice from your doctor or travel health professional at least 8 weeks before travelling and ensure that all appropriate vaccinations are up-to-date.** Different Travel regrets that we cannot offer any advice on this subject. Please bring this dossier with you so the GP can refer to the locations visited for guidance. For general information on health, see <http://www.fitfortravel.scot.nhs.uk> or www.nathnac.org.

Anti-malarial medication may be recommended so [please see your GP for further information and a risk assessment](#). Regardless of whether anti-malarials are prescribed for you, it is essential that you protect yourself against mosquito bites both during the day and at night by using 50% DEET repellent, covering your skin and sleep under a permethrin treated mosquito net.

Please remember to take all your existing medication in clearly labelled packages. There are pharmacies in all the towns in Vietnam which are always well-stocked. Medications can usually be bought over the counter. The staff at your hotel or your guide is usually the best source for the name of the nearest recommended doctor. There are also government and private hospitals in most major tourist areas as also a number of private doctors with clinics.

H is also for Haggling. When shopping for gifts in market places where there are no price tags on items it is expected that you will haggle. The first price is sometimes up to 10 times more than the value of the item, but remember that you should pay what you think is a good price for the item, not trying to get the price as low as possible. Haggle in good humour with a smile and you will enjoy the experience.

H is also for Hiking Poles. If you have never used hiking poles before you are advised to visit and outdoors shop and try them out to see how you get on with them. Some people find them very useful as it takes pressure off the knees and can make trekking easier, but some people find them a hindrance. You are advised to try them out first to see if you think they would suit you.

I is for Insurance. Different Travel will do everything possible to ensure a safe and enjoyable trip. However, certain risks are involved and should be recognised by participants. Thus, the purchase of short-term travel insurance for our expeditions, such as a policy from Campbell Irvine, is mandatory. Travel Insurance is a cost effective way to protect yourself and your equipment in the event of problems due to cancelled trips, delays, medical problems, baggage loss or damage.
<http://www.campbellirvine.com/asp/quotationChooseSTMT.asp?aid=111>

I is for Inclusions.

Included: Flights from the UK (including current taxes and charges), all internal transfers and transport, all accommodation (3 star hotel in Hanoi, homestay/basic lodges on trek), all meals (except lunch on day 8), all permits, fees and taxes, expert English-speaking local guides, porters, DTC Tour Manager

Excluded: Personal expenses (drinks, laundry etc), mandatory travel insurance, visa (current cost on arrival \$25), vaccinations, transport to/from UK airports etc.

I is also for Insect Repellent. There are many mosquitoes and you will need to take repellent with you to use during the day and evening. 50% DEET is the most effective repellent available; as recommended by The Department of Health. Be aware that DEET can melt plastic, stain clothes and remove dye so be careful when using any DEET product and apply it as recommended on the bottle.

L is for Language. Vietnamese is a tonal language that uses the Roman alphabet together with tone and diacritical marks. A few helpful words / phrases:

Hello - Xin chao (pronounced Sin Chow)

Goodbye - Tam biet

Yes - Vang

No - Khong

Sorry - Xin loi (pronounced Sin loy)

See you again - Hen Gap Lai

Thank you - Cam on (pronounced Come urn)

How much? - Bao nhieu? (pronounced Bow knew)

1 - Mot, 2 - Hai, 3 - Ba, 4 - Buon, 5 - Nam, 6 - Sau, 7 - Bay, 8 - Tam, 9 - Chin, 10 - Muoi.

L is also for Laundry. Laundries are available almost everywhere and are very cheap and reliable.

L is also for Luggage. You will need the following 3 luggage items.

1. A small daypack at around 25-30 litres, which you will be using while you are trekking. A daypack with an air flow feature may be more comfortable than a pack that sits against your back because the heat will make you feel sticky. You will probably use your daypack as hand luggage on the plane (check that the size is airline compatible).

2. A large **soft** holdall or duffle bag which will hold your entire **trekking** luggage and will be carried by the porters during your trek. It should ideally be waterproof. A suitcase is not suitable as a trek bag because the porters cannot carry it.

3. A large suitcase, rucksack or holdall which will hold your entire luggage (including the aforementioned bag for your trek gear) and will be checked in with the airline. You will leave this at the hotel in Hanoi with anything you don't need for the trek (eg extra toiletries, travel clothes, hair straighteners etc)

M is for Money.

The official currency of Vietnam is the Dong (VND). Several ATMs are available in Hanoi. Crisp, clean American dollars are also widely accepted especially for larger transactions. The exchange rate at time of publishing is 10,000 Dong = £0.30. Visa, Mastercard and American Express is accepted at some large hotels, restaurants and shops but will not be accepted in small shops or at markets. Make sure that Vietnamese notes you receive are not torn as many shops and restaurants will not accept them. Also try not to change too much money at one time, as you will end up with a large wad of notes.

Vietnamese Dong cannot be purchased or sold outside of Vietnam so ensure you change all your currency before leaving the country otherwise you will be stuck with cash that cannot be changed.

M is also for Mobile phone. You may get mobile phone signal at some points during the trek. To charge your phone you can take a solar powered charge such as the Power Monkey. Better still, switch off your phone and enjoy being out of contact! Check with your mobile provider whether your

own handset and contract will allow you to make calls/send texts overseas. Don't forget to switch off data roaming to avoid hefty charges!

N is for Nibbles. High energy snacks, chocolate and sweets are recommended during your trek. Dried fruit, nuts – especially walnuts and almonds, Kendal mint cake, energy bars such as Mulebar, Clif bars, etc.

P is also for Personal Safety.

Vietnam is widely acknowledged to be one of the safest destinations in the world. In almost all cases the Vietnamese people regard tourists with the highest level of respect as guests in their country. However petty theft and pick pockets do exist in the larger cities. In other areas reports of these activities are almost unheard of. It is certainly not something to be concerned about but you should be aware of your surroundings. You should therefore ensure that all bags have locks and it is best not to bring expensive jewellery or watches to Vietnam. Do not carry unnecessarily large amounts of cash with you at any time.

P is also for Photocopies. Remember to take a photocopy of all your documents (insurance details, passport, visa, credit cards, other ID etc) and bring it with you. If you lose anything you will find it easier to replace if you have copies. It is also worth scanning these documents and emailing them to yourself and a trustworthy person in the UK too.

P is also for Photography. You should ask permission before taking photographs of the local people (especially monks). Taking a photograph of someone without their permission – especially in rural areas can cause offence. In contrast, taking photographs of someone you have become friendly with is usually very welcome. If someone offers to have their photo taken with you, ask how much it will cost first, as many locals expect payment for photographs and it is wise to agree on a price first.

R is for Religion.

Buddhism is the most common religion in Vietnam with about 60 per cent of the population practicing some form. About 8 per cent are Catholic. Other religions include Confucianism, Taoism, Islam, Hinduism and Caodaism.

S is for Souvenirs. Southeast Asia is renowned for its various forms of lacquer ware and for its silk industry. An array of other handicrafts includes quality hand embroidery, woodcarvings, brass and marble figurines. Paintings, silk screens and hand-painted ceramics can be found in Hanoi as well as a wide range of hand-woven products. There will be lots of choice for souvenirs!

S is for Sleeping. Bedding is provided in the hotel in Hanoi and during the home stay on the trek a sleeping area will be set up with a mattress, pillow, blanket and mosquito net but you are advised to bring a lightweight sleeping bag or sleeping bag liner for your comfort.

S is also for Socks. The most important thing to remember when it comes to socks is that they are of good quality, non-cotton and will not slip down or sag in your boots which is one of the main causes of blisters. During your trek you will be wearing your breathable, waterproof boots and so you should wear socks to compliment these. Cotton socks absorb sweat and hinder its evaporation, making them damp and therefore likely to rub against your feet, causing blisters. Socks containing Coolmax (a brand of polyester), nylon, or Merino wool all have wicking properties. This means that instead of the fabric absorbing sweat, it pulls it away from the skin for it to evaporate. When you wear socks like these they will compliment the breathability of your boots, and your feet will stay cool and you will avoid blisters. Liner socks are also a worthwhile consideration. Changing your socks regularly will prevent athlete's foot and will also allow you to notice and treat any foot conditions that may be developing.

T is for Tipping.

Whilst tipping is not part of Vietnam's cultural make-up it is a recent addition which ensures that some of the least well paid people within the tourism industry are rewarded directly. The average monthly wage for a full-time guide is likely to be less than 5 million Dong per month (£160). Hiring

drivers and guides are usually tipped, and it is customary to round up the bill for taxi drivers in the cities. Tipping is not expected.

T is also for Toilets. Vietnamese toilets are generally of the squat variety, although Western toilets are often found in hotels, guesthouses and restaurants catering to foreign visitors. You should take toilet paper with you wherever you go but put it into the bin provided rather than down the toilet. On the trek at camp toilets will be basic and probably no more than a hole in the ground.

T is also for Torch /head torch. This is an absolute necessity. Remember to bring spare batteries and to keep it in your daypack each day. You will need the head torch at camp in the evening and sometimes while you are trekking (depending on your pace). Please ensure you take an LED head torch, as ones with bulbs are not bright enough.

T is also for Towel. Towels are provided at the hotel for you. There are limited, basic washing facilities on the trek so a towel will be useful. A lightweight trek towel (eg [TravelProof Luxury travel towel](#)) is recommended as it is small, light and dries fast.

T is also for Tickets (or e-tickets). These will be sent to you 2 weeks before departure.

W is for Weather.

Vietnam has a tropical monsoon climate with wet and dry seasons. These seasons vary from north to south and with elevation changes. In general, the dry season lasts from November to April in the north, south and central highland regions. During the trek you should expect temperatures of 28 degrees Celsius maximum during the day and 19C minimum at night. There may be some rain so waterproofs are recommended.

W is also for Walking boots. You must take good quality breathable, waterproof walking boots with good ankle support. Wear them on the plane just in case your luggage is delayed. Trainers will not do but are handy for around camp. Ensure that the walking boots are well broken in and comfortable. You must ensure you give your boots at least 4-6 weeks of constant wear (such as during your training) to ensure they are broken in properly.

W is also for Water. All water on this trip is undrinkable; this includes the tap water at the hotel. **You must not brush your teeth or rinse your mouth with the tap water, only use bottled or purified water.** Avoid getting water in your mouth when showering. You will be provided with bottled water on the trekking days. You may wish to bring some water purification as a backup or should you wish to refill your bottle at a tap along the way. A highly recommended purification is 'Biox Aqua' drops or tablets which contains chlorine dioxide, one of the most effective and easy to use purification methods available. By purifying water where possible you will also use less plastic bottles which will eventually end up in landfill. A 2-litre Camelbak or Platypus Hoser is recommended as a water container PLUS a 1-litre backup water bottle. If you dislike the taste of plain water, consider taking a small bottle of water flavouring or electrolyte tablets to flavour the water. Nuun electrolyte tablets make water taste delicious and help keep you well hydrated.

Z is for Zen Travelling. We suggest these tips for successfully dealing with Southeast Asian officials, airport personnel and bureaucrats: Try your best to smile and be pleasant. Don't complain loudly. Expect delays. Never show anger - ever! Getting visibly upset is not only rude; it will cause you to lose face. Don't be competitive. Treating your interaction as a cooperative enterprise works much better. Don't act as though you deserve service from anyone. If you do so, it's likely that you will be delayed.

Z is for Zinc Oxide tape. When your boots start to rub against your feet, you can apply zinc oxide tape to the hot spot to stop a blister developing. Prevention is better than cure!

Suggested Packing List

Clothing

Walking boots
 Trainers
 Loose long sleeved shirt
 Breathable (non-cotton) T-shirts
 Long sleeved base layer tops
 Lightweight trek trousers
 Warm sweater/fleece
 Breathable waterproof jacket
 Breathable waterproof trousers
 Sun hat
 Underwear and socks
 Scarf/pashmina
 Smart / casual wear for Hanoi
 Swimwear

Luggage (see A-Z)

20-25 litre daypack with hip belt and chest strap
 Suitcase/rucksack for main luggage
 Trek kit bag (carried by porters)
 Padlocks for luggage

Eating and Drinking

Energy snacks (dried fruit/ glucose sweets etc)
 2 litre water bottle (eg Camelbak)
 Biox Aqua water purification (optional)
 Nuun electrolyte (optional)

Hygiene

Shampoo/conditioner
 Toothbrush / Toothpaste
 Antiperspirant/deodorant
 Shaving kit/shower gel/loofah
 Hand sanitizer
 Wet wipes and toilet paper
 Trek travel towel
 Sun cream (high SPF)
 After sun (eg Aloe Vera)
 Feminine hygiene products

Essentials

Sunglasses
 Pen for immigration forms
 Copy of travel insurance
 Books/pack of cards
 Photocopies of documents
 Adaptor (see A-Z Electricity)
 Small LED head torch

Sleeping

Ear plugs and eye mask
 Silk or cotton sleeping bag liner
 Pyjamas

Optional

Camera + spare batteries
 Video camera + charger
 Spare batteries/chargers
 Mp3 player/ iPod
 Hiking poles
 Sewing kit

First Aid Kit

Prescription medicine
 Insect repellent containing 50% DEET
 Ibuprofen and Paracetamol
 Plasters (various sizes plus Compeed)
 Imodium (loperamide)
 Rehydration (Electrolade/Diorylyte)
 Antihistamine tablets and cream
 Muscle rub (tiger balm/Deep Heat)
 Lip balm with SPF protection
 Antiseptic cream (eg Savlon)
 Indigestion remedy (eg Gaviscon)
 Decongestant (optional)
 Scissors/tweezers (optional)
 Zinc Oxide tape (optional)
 Spare glasses/contact lenses

This list is not exhaustive, **please use this as a guideline only**. If there are any questions or queries regarding the items on this list, please feel free to contact us on info@different-travel.com

More information about the items on the packing list

Foot/leg wear

Hiking boots: Hiking boots are essential. The important part is that you have good foot and ankle support and comfortable soles and well broken in footwear! Boots with Vibram soles are a good choice. Do not bring boots you have never worn before. You should wear your boots on the plane to avoid them getting lost/delayed if there is a problem with your luggage.

Gaiters: protect the bottom of your boots and trousers from mud or water (optional)

Trainers: good for evenings at camp or for travel.

Socks: Non-cotton socks (eg Smartwool or Bridgedale) are advised as they provide comfort and minimal movement. When wet, cotton socks can cause blistering more quickly than wool or synthetic.

Trekking trousers/pants: Lightweight trousers, ideally convertible to allow for a variety of weather conditions. One on, one spare in case the others get wet/dirty.

Waterproof trousers: keeps your trousers dry in the rain and can protect you from the wind

Body wear

Base layer tops (long sleeve): it is essential that these are non cotton, wicking and breathable to keep you comfortable and dry. Technical layers dry very fast when wet/sweaty. If you choose cotton, it will absorb sweat and get heavy and cold, and because it dries very slowly it will reduce your body temperature leading to the risk of hypothermia.

Breathable T-shirts: 2 T-shirts is plenty for the trek. Choose synthetic technical T-shirts for the reason above.

Fleece jacket and mid layer: 1 lightweight fleece and a mid layer (which is a heavier version of a base layer) will keep you warm in the evenings and can be used to layer during the days if the temperature drops.

The most important thing to remember is to dress in the layering system for comfort and safety (non-cotton base layer, warm layer and waterproof).

Miscellaneous

Sunhat or cap: to prevent sunburn and reduce the sun's glare

Sunglasses: preferably polarised to reduce glare

Daypack: around 25-30 litres capacity with a hip belt and chest strap. It is wise to try some on to feel which fit best – there are ladies fit daypacks and standard fit so please ask store staff for details.

Torch / Flashlight and batteries: LED head torches are extremely useful and wind up LED torches are very cheap and effective as a backup.

Water bottles- 2 Litre: one Camelbak or Platypus Hoser water bladder is recommended.

Small Towel: an ultra absorbent travel towel may be useful on the trek. TravelProof Travel Towel is recommended.

Trekking poles: They are useful for reducing pressure on your knees but please visit an outdoors store to see how you feel about using them.

