

Tour Notes

Physical preparation:

To fully enjoy your trip, do not forget to keep fit once a week by walking (about 15km) if possible on a course with a vertical drop (250m) or practicing a sport for 1 – 1.5hrs

Your equipment:

All travel luggage should be divided between a backpack worn by you and a second sealed bag with padlock, transported by the logistics team on site (porters and/or vehicles)

Basic equipment:

- Breathable underwear (fast drying)
- A kind of Polartec fleece jacket (if possible windbreaker) or Wind Pro (excellent weight/insulation)
- A waterproof and breathable jacket (Gore-Tex) in the bottom of the bag
- Trekking trousers
- A cap or hat
- Sun glasses
- A rain cape
- A water bottle

Sleeping:

A sleeping bag with a comfort zone of 0° C / -5° C
(Mattresses and blankets will be provided)

What to pack:

- A backpack of approx 35 litres to be carried by you during each day
- A travel bag 80 – 100 litres, flexible. Depending on weather, luggage is transported by the day or by bike carriers. It is recommended that there is a shoulder strap for ease of carrying.

Others:

- Change of clothes
- A spare pair of laces
- A swimsuit for Halong Bay
- A pair of sandals for walking through water
- A toilet bag and a towel
- Toilet paper
- A pocket knife
- Plastic storage bags
- A needle and thread
- A secure means of carrying your money, passport, insurance papers etc.

Immunisations:

- Courses and boosters normally advised – Diphtheria, Hepatitis A, Tetanus, Typhoid
- Other vaccines to consider – Cholera, Hepatitis B, Japanese Encephalitis, Rabies