



Wanderlust & Lipstick
P.O. Box 16102
Seattle, WA 98116

Vietnam & Cambodia Packing List

Clothing

Short sleeve shirt(s)
Long Sleeve shirt(s)
Sweater
Jeans or long light pants
Pajamas
Underwear
Socks
Belt
Jacket (lightweight rain jacket worn over sweater should be fine)
Sandals
Walking or hiking shoes (especially in the north where it might be too cool for sandals)
Bathing suit (I'm checking on whether any hotels will have pools)

Accessories

Passport
Reading materials (magazines, books)
Guidebook(s)
Maps
Cell phone
Cell phone charger
Camera
Camera charger
Memory card(s) for camera
Video camera (if you like)
Video camera charger (if you like)
Eye shade
Notepad/journal
Pens
Sunglasses
iPod
iPod charger
Travel documents (boarding passes, contact info, etc.)
Alarm clock
Binoculars
Flashlight
SteriPEN (bottled water will be readily available but if you want to cut down on waste, check this out)
Gifts for locals (if you like)
Postcards from your home city (to share with the locals)
Games (card or other small games)
Toiletries including:

- Conditioner
- Shampoo

- Hairbrush
- Deodorant
- Hand lotion
- Face lotion
- Facial soap
- Makeup
- Razor
- Toothpaste
- Toothbrush
- Tweezers & nail clippers
- Dental floss
- Feminine products
- First aid kit including:
 - Tiger balm (for headaches)
 - Prescription medicines
 - Anti-diarrheal
 - Mosquito repellent
 - Malaria prophylaxes (consult with your doctor as to whether you want to take this)
 - Tea tree oil (for cuts)
 - Sunscreen
 - Antibiotic cream
 - Ace bandage
 - Handi-wipes or anti-bacterial gel
 - Safety pins
 - Eye drops or flush
 - Pain reliever
 - Lip balm
 - Band-aids

Please pack as little as possible. It's been years since I've checked a bag (except upon return when I've got lots of souvenirs!). I usually use one carry-on bag that is a convertible roll-aboard/backpack and one small shoulder bag that fits under the seat in front of me on the plane. Expect to see me in the same couple of sets of clothes during our adventure and I'll expect the same of you!

Do dress in layers. In Vietnam, nights can be cool in the north and days may be warm. We may encounter some rain from the winter monsoon so a light rain jacket would be helpful and easy to pack. Cambodia will likely be warm day and night.

Hiking boots are not necessary for our little treks but for those concerned about ankle support, they will come in handy. Make sure that whatever you bring, they're broken in before you arrive.

Over all, while shorts and tank tops are often worn by tourists in Vietnam and Cambodia, the locals consider this slovenly dress and wonder why we choose to dress so poorly. You might opt for something a bit more conservative such as **capris and short sleeve shirts** or a dress or skirt.

In the north, it's likely to be too cool for shorts anyway. Instead, **jeans** or other **comfy pants** and layers of a shirt or sweater and light jacket will work fine. In the south, where it may be quite warm, the "dress code" will be more liberal and you'll see lots of tourists in shorts and tank tops. It's fine if you want to be prepared with these warm weather items and play it by ear whether you're comfortable in wearing them.