

# Suggested Packing List

Please consider taking along the following items on your trip. This is not a fixed list, but more of a guideline, so feel free to add and remove items as you see fit. Use your best judgment, and pack as lightly as possible. You will appreciate light luggage towards the end of your trip. You may wish to include a small duffel for purchases bought along the way.

## General Travel

- ⊙ Daypack
- ⊙ Waterproof duffel bag or suitcase
- ⊙ New “airport friendly” luggage locks or just use plastic zip ties to “lock” luggage
- ⊙ Luggage Tags

*(NOTE: No matter what type of trip you are on, the key to dressing is **layering**. This will allow you to stay warm day or night despite wide temperature fluctuations. Also remember cotton and jeans do not dry easily. Include a few items made of capilene or polypro which wick moisture away from your body.)*

- ⊙ Long-sleeved shirts- 2 to 3
- ⊙ Short-sleeved shirts – 3 to 4
- ⊙ Pants- 2 to 3 (Comfortable, loose fitting and quick drying)
- ⊙ Shorts- 1 to 2 pair (Acceptable most places except cities, churches, and other places of worship)
- ⊙ Travel skirt for women (Lightweight and below the knee)
- ⊙ Thin polypro or capilene long underwear top and bottom
- ⊙ Waterproof shell jacket – ALWAYS!
- ⊙ Fleece, jacket or sweater
- ⊙ Walking shoes with good support and traction
- ⊙ Socks- 3 to 4 pairs
- ⊙ Underwear – 4 to 5 changes
- ⊙ Swimsuit
- ⊙ First Aid Kit including band-aids, bandages, antiseptic, adhesive tape, etc
- ⊙ Aspirin
- ⊙ Cold and cough medicine
- ⊙ Motion sickness medication
- ⊙ Anti-diarrheals
- ⊙ Cipro- an antibiotic for indigestion (this must be prescribed by your doctor)
- ⊙ Tampons (w/o applicators) for women
- ⊙ Toilet kit including toothbrush/paste, soap, shampoo, Kleenex, moisturizing lotion, razor, shave cream, etc.
- ⊙ Sunglasses
- ⊙ Sunscreen
- ⊙ Insect repellent
- ⊙ Money belt
- ⊙ Travel watch/alarm clock
- ⊙ Extra eyeglasses and eyeglass straps
- ⊙ Photo gear
- ⊙ Light-weight binoculars
- ⊙ Pocket knife – Must go in your checked bag
- ⊙ Bandana
- ⊙ Sewing Kit
- ⊙ Phrase Book
- ⊙ Reading material

- ⊙ Pen and note pad
- ⊙ Plastic grocery bags for wrapping liquid bottles or dirty shoes
- ⊙ Pictures of your family and home town
- ⊙ Snack foods
- ⊙ Head Lamp
- ⊙ Sleeping sheet if staying in rural places

### **Additional Items for Trekking Trips**

- ⊙ Touring backpack or duffel (no suitcases)
- ⊙ Sleeping bag and pad
- ⊙ Trekking poles
- ⊙ Warm, heavy jacket
- ⊙ Heavy socks- Wool and lightweight polypro socks
- ⊙ Warm hat
- ⊙ Baseball hat
- ⊙ Heavy waterproof gloves or mittens
- ⊙ Warm neck scarf
- ⊙ Thick polypro, capilene or wool long underwear top and bottom
- ⊙ Quick drying camp towel
- ⊙ Toilet paper (one roll per 5 days on trek is overly sufficient)
- ⊙ Lighter (for burning toilet paper)
- ⊙ Flashlight or head lamp with extra batteries and bulb
- ⊙ Biodegradable cold water laundry soap

### **Galapagos**

Galapagos life is very informal. Although generally days and nights are warm, a windbreaker and long-sleeve shirt are advisable. Outside of sunscreen, there are no real MUST items. Passengers will want to bring:

- ⊙ Sneakers
- ⊙ Flip-flops or strap-on sandals like Tevas or Chacos
- ⊙ Bathing suits
- ⊙ Wide-brimmed hats with chin straps
- ⊙ Light rain gear
- ⊙ Long and short-sleeved shirts
- ⊙ Shorts
- ⊙ Long pants
- ⊙ Day pack
- ⊙ Sunglasses
- ⊙ Your own snorkeling equipment and short wetsuit

### **Motorcycling Vietnam**

Bring all the normal biking gear in addition to the suggestions from the General Packing list. The following items are recommended as well.

- ⊙ Helmet
- ⊙ Small back pack to strap on the back of your bike
- ⊙ Rain gear

## *Suggested Tipping Guidelines*

Our clients always ask us what they should tip drivers, guides, etc. while on their trip. This is very difficult to respond to because tipping relates directly to your overall experience with each person. However, here are some travel industry standards that will give you a baseline idea about gratuities:

### **Tipping - Travel Industry Standards:**

**Guide** - \$10-\$20 per person per day

**Driver** - \$5-\$8 per person per day

**Cruises (Galapagos and Halong Bay)** - \$20-\$25 per person per night

**Safari Staff** - \$100 total for all staff on a typical 3 day safari

*For trekking trips:*

**Cook:** \$4 per person per day

**Porters and other trekking staff:** \$3 per person per porter per day

*We also suggest you ask your local guide for guidelines on what the local standard is for tipping at restaurants, bellboys, etc.*