

ETHOS



Sapa – What to Bring

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.

Thanks to its geographic condition, Sapa has one of the most favourable climates in Vietnam. The temperature remains stably cool throughout the year though winter may see more severe changes, with frost and even snow (mostly from mid-December to mid-January).

Trying to predict the weather in Sapa is almost impossible. However, here is our best attempt:

Sapa weather is characterized by sub-tropical climate. However, as a result of the high latitude, weather in Sapa is cool all year round. In summer, Sapa does not suffer the harsh heat like that in coastal plains. Temperature in summer fluctuates from 10 - 18 °C at night time and 20 - 32°C during the day. When the sun shines it can be harsh and even on cloudy days, expect to need sun protection. Rain and fog is possible throughout the year.

In winter, Sapa Town is often blanketed by fog and cold air. Temperature may fall to below zero Celsius.

Luggage and bags: Most hotels in Sapa have temporary room for trekkers to wash up on arrival or departing from/to Hanoi. Most trekkers leave their main luggage in the room and take a lighter backpack for treks and homestays. A day pack to bring on your treks is a good idea. These can be bought in Sapa. ETHOS can store luggage securely should you require.

Clothing/Shoes/Weather Gear: Bring clothes to suit the local weather. Always keep your spare clothes in a watertight bag to ensure they stay dry if there is a sudden downpour. The Sapa climate is totally unlike the rest of Vietnam. Essential items to have for the trek are some layers of warm & light clothing (morning can be cold but get pretty warm during the day as you trek). A pair of sturdy trekking shoes is essential. In January to March it can be quite cold, foggy and rainy. A fleece and raincoat/poncho is advisable. These items are available in Sapa at good prices.

Photo Equipment: Bring your camera. Any camera will do. You will regret it if not bringing one!

Recommended Kit list for homestays:

Clothing:

Long-Sleeved Shirt / T-Shirt	Yes
Fleece for evenings	Yes
Trousers (Such As Lightweight Cargo Trousers, Avoid Jeans)	Yes
Shorts	Optional
Swimwear	Optional
Lightweight Water & Wind Proof (Jacket & Trousers)	Yes
Walking Shoes (Sturdy, with good grip)	Yes
Sun Hat	Yes

Hygiene:

Toothbrush & Toothpaste	Yes
Travel Towel	Yes

Health

Insect Repellent	Recommended
Sun Protection	Yes
Travel Insurance	Yes
Ear Plugs & Eye Mask	Optional

For our Mountain Riders motorbike trips, long sleeves, long trousers and strong shoes are essential.

