

Essential Items:	Optional Items:
Backpack (30 to 40 litres) with suitable straps to attach a tent.	Eyes mask
Waterproof Backpack cover	Ears plugs
Head torch.	Sandals or flipflops for campsite / homestay
Sun hat	Gaiters
Waterproof rain clothing (poncho is best)	Energy snacks and drinks
Sun cream	Lighter
Insect repellent	Penknife
Quick drying pants/shorts (avoid jeans)	Binoculars / monocular
Long sleeves shirts (for bugs/sun)	Trekking poles
Swim wear (including a pair of shoes you don't mind getting wet)	
Hiking boots or sturdy shoes with good grip	
Travel Towel (homestay)	
A few pairs of calf length densely woven socks (not ankle socks)	
Toiletries	
A good selection of dry bags and / or plastic bags	
A water bottle - minimum capacity 1.5 litres	
Neck scarf	
Sunglasses	

Bring clothes to suit the local weather. Please do check the latest updated weather condition at <https://www.accuweather.com/en/vn/na-hang/356327/weather-forecast/356327> for the best luggage preparation for your adventure ahead.

Always keep your spare clothes in a watertight bag to ensure they stay dry if there is a sudden downpour. These items should be part of your backpacking checklist:

We truly hope that the information helps you to prepare.

Should there be any other questions or queries at your end, please don't hesitate to reach out to me on WhatsApp 0366 892 536 or ethosadventuressapa@gmail.com.