



# Packing list - Son Doong Expedition

## Xin chào Son Doong adventurer!

Please pack your plastic bag as advised by your tour guide and bring it with you to the safety briefing. If you have any questions, you may ask your hotel receptionist. Plastic bags should be filled about no more than halfway, and please set your tripods aside separately. Any important medications or personal items which should stay with you during the trek should be packed in your backpack, not the plastic bag. Also, don't include your first day's trekking clothes in the plastic bag as you'll need to wear those in the morning.

Happy packing!

## We will provide you with the following:

- ✓ Camping gear: tent, sleeping mat, pillow and sleeping bag
- ✓ Caving & safety gear: caving helmet, caving headlight, harness and gloves
- ✓ Meals: breakfast (day 1, 2, 3, 4, departure day), lunch (day 1, 2, 3, 4), dinners (briefing day, day 1, 2, 3, 4)
- ✓ 1.5 L bottled water at the top of the trailhead/trekking point
- ✓ Water filters (application by guide and porters)
- ✓ Basic camping facilities with eco-friendly compost toilet using western toilet seat
- ✓ First Aid Kit, Rescue Equipment & Satellite Phone (application by safety advisor and tour guides only)
- ✓ 1 Safety advisor (member of the British Cave Research Association)
- ✓ 1 Professional English-speaking tour guide, 5 safety assistants and 2 chefs
- ✓ Porter team to carry all gear and prepare all meals

## Please also bring with you the following:

- ✓ 2 - 3 quick dry, full length pants and 4 - 5 (easy to dry) shirts (at least one long-sleeved shirt) to wear during the trek; thick athletic leggings/running tights/yoga pants are acceptable if they are full-length and not see-through. Jeans are not acceptable. You may feel more comfortable packing a set of clothes for each day, but most people re-wear trekking clothes for multiple days. Please see the Son Doong FAQ: Packing section for more information
- ✓ 1 - 2 pair of shorts and t-shirt to wear at campsite (plus your swimsuit for Hang En); warmer camp clothes suggested for colder months
- ✓ 1 Fleece and 1 lightweight windproof/jacket (February - April only)
- ✓ Trekking boots/shoes – difficult terrain, good footwear necessary. Recommended: Salomon XA Enduro, Salomon Speed Cross 4 La Sportiva X2, Bestard Canyon Guide boots/shoes, Palm canyoning shoes/boots. Gore-Tex/waterproof boots are NOT recommended as they do not drain well. If you are comfortable with your own shoes, which are Gore-Tex, feel free to use them. Also consider bringing a backup pair of shoes. Refer to Son Doong FAQ: Packing section for more information
- ✓ 1 pair of flip flops (sandals) for campsite
- ✓ 1 medium size towel
- ✓ 4-5 pairs of calf length close weave socks (not ankle socks or waterproof socks – no neoprene; Smart Wool is a good brand; if you go with cotton, make sure it's composed of 50% or less cotton)
- ✓ Anti-fungal foot powder/talcum powder for use at camp (your feet are often wet!)
- ✓ Dry shampoo & wet wipes (very limited bathing inside the cave!)
- ✓ Medium sized rucksack/backpack for daily belongings (most people find 25 L adequate; backpack must fit the helmet we will provide for you which cannot be strapped to the outside (plus your water,



camera etc); you will also be responsible for carrying your own tripod in your backpack (camera back will not be considered as a day-pack)

- ✓ Water bottle at least 1.5 Liters
- ✓ Personal items – underwear, toiletries, medication, camera, tripod, spare batteries (toiletries should also include feminine hygiene products for ladies, even if it's "just in case")
- ✓ Sunscreen and hat
- ✓ Mosquito repellent
- ✓ Small head-torch for use around camp
- ✓ Rehydration tablets
- ✓ 'Compeed'/blister dressings
- ✓ Medication - bring any essential medication and anything you take regularly (e.g anti-inflammatories). We supply drugs for emergency/unexpected conditions only.
- ✓ AA/AAA batteries if needed (low quality only available locally)

**The following items are not required but highly recommended:**

- ✓ Dry bag in the event of rain (for camera, clothing, and personal items within your daypack); alternatively, a backpack cover would be a good idea especially for the rainier months of February – April
- ✓ Gloves, as ours are one-size-fits-all (if you bring your own, please choose gloves with fingertips)
- ✓ Cotton or silk sleeping bag liner
- ✓ Swimwear (for Hang En)
- ✓ If you are serious about photography, please remember to bring your tripod (this must be able to fit in your daypack)
- ✓ Ear plugs (If you are a light sleeper)
- ✓ Bandana to wear under the helmet, this will help to stop the helmet getting sweaty/smelly throughout the journey

**Important Notes:** We will have porters carry any of your gear that you will not require during each day (e.g. camera equipment/clothes you do not need during the day can be taken ahead to the campsite for you). You will not be able to access this until you reach the campsite. Please respect our porters and do not bring too much luggage for them to carry (maximum 7 kg per person). No outdoor equipment is available in Phong Nha, and only limited items in Hanoi or Saigon.

We recommend **5:10 Canyoneering** boots for this trip, but if they're hard to find, please consider replacing them by **Salomon XA Enduro** shoes or **Salomon Speed Cross 4**; good quality trekking boots/shoes such as **La Sportiva**, **Salewa**, **Bestard Canyon Guide**, and **Palm Gradient Boot** are also recommended.