

VIETNAM / CAMBODIA: PROJECT CLEAN WATER

CLOTHING & EQUIPMENT LIST

IMPORTANT NOTE, PLEASE READ: *In order to respect the cultural norms of Vietnam and Cambodia it is important that we dress **conservatively**. Shorts should fall to the knee, shoulders should be covered, and undergarments should never be seen. Skirts and dresses should be calf-length or longer. **Tank tops and shorter shorts are acceptable during the sailing sections**, but should not be worn when visiting temples, such as Angkor Wat. Lightweight, loose-fitting, and conservative attire is necessary to enter the temple grounds. The clothing & footwear you wear during some of the service projects can get **extremely dirty**. You may want to bring some clothes and shoes you wouldn't mind donating at the end of the program. You will have one or two chances to do laundry, however you will be wearing some of the garments more than once before washing; this is part of traveling efficiently and laundry services are not always available. Remember, **LESS** can often mean **MORE**... you don't want to be lugging around a ton of stuff for the entire program.*

CLOTHING

- 2 PAIR LIGHTWEIGHT NYLON PANTS*
- 1 PAIR OF LONG PANTS (girls may bring LONG SKIRTS if they prefer, but they should be mid-calf to ankle-length)
- 4 PAIRS OF SHORTS – at least 2 need to be **KNEE LENGTH (conservative)**, (NYLON/ QUICK-DRY SHORTS are useful)
- 8 T-SHIRTS (NYLON quick dry shirts are very useful)
- 1 NICE OUTFIT (collared shirts and nice shorts/ pants for boys, skirt/ pants and blouse for girls)
- 10 PAIRS UNDERWEAR
- 1 LIGHTWEIGHT RAIN JACKET*
- 1 BATHING SUIT
- 1 PAIR OF PAJAMAS (or preferred sleepwear)

FOOTWEAR

- 1 PAIR CHACOS, TEVAS, FLIP FLOPS or EXTRA TENNIS SHOES*
- 1 PAIR TENNIS SHOES OR TRAIL RUNNING SHOES (for day hikes and service projects)*
- 6-8 PAIRS OF SOCKS

LUGGAGE

- BACKPACK OR TRAVEL BACKPACK (4,500—5,000 cubic inches)*
- DAYPACK (only necessary if you are **NOT** bringing a travel backpack with attached daypack)*

ACCESSORIES

- 1 QUICK-DRY TOWEL*
- SUNGLASSES PLUS CROAKIES*
- 1 BOTTLE SUNSCREEN
- TOILETRIES (shampoo, conditioner, soap, toothpaste, etc. in small bottles)
- PERSONAL MEDICAL KIT (see **Clothing & Equipment Glossary** for recommendations)*
- VISOR/BASEBALL CAP
- 1 CAMELBAK/NALGENE WATER BOTTLE (at least 1 LITER in size)*
- INSECT REPELLENT WITH 20-35% DEET *
- WATCH w/ ALARM* (**cell phones and other wifi-devices will be collected and not available to use as an alarm**)
- 3 LARGE ZIPLOCKS & 2 MEDIUM TRASH BAGS (for storing damp clothes)
- SPENDING MONEY (see **Program Information Handbook** for details)
- WORK GLOVES (for service projects)

FORMS AND DOCUMENTS

- PASSPORT AND PHOTOCOPY OF PASSPORT*
- AIRPORT MEETING INFORMATION FORM

OPTIONAL

- CAMERA (waterproof), MEMORY CARD & CHARGER*
- JOURNAL/ NOTEBOOK/ WRITING UTENCIL
- HEADLAMP AND 2 SETS OF BATTERIES*
- 1 LONG-SLEEVED T-SHIRT/ FLEECE JACKET/ SWEATSHIRT*
- DONATIONS FOR SCHOOLS*
- 1 COTTON BED SHEET*
- 2 LARGE STUFF SACKS*

***Please reference the Clothing & Equipment Glossary for more information on these items.**

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CLOTHING & EQUIPMENT GLOSSARY

Clothing packed for your ARCC program will keep you comfortable throughout the varied weather conditions we encounter. We emphasize using a layering system while living in the outdoors. Layering well and attending to small changes in temperature and exertion will result in much more comfort than you ever thought possible. You can add or subtract clothing to control a comfortable body temperature for yourself. The synthetic materials suggested are chosen for their insulation (even while wet), their warmth and their light traveling weight. Keep in mind, once cotton is wet it will not keep you warm or act as an insulator against the cold.

NOTE: This glossary is a supplement to your Clothing & Equipment List. Please see your Clothing & Equipment List for a full list of necessary items.

CLOTHING

LIGHTWEIGHT NYLON PANTS: To be worn for protection from bugs, sun and wind.

SYNTHETIC/QUICK-DRY SHORTS: These shorts are 100% synthetic and dry much more quickly than cotton. An example of these are outdoor, athletic or swimming shorts.

LIGHTWEIGHT RAIN JACKET: Either a strong-coated nylon or Gore-Tex jacket works the best (although Gore-Tex can be quite expensive). Thin nylon ponchos are acceptable, though they tear easily. We recommend raincoats with a built-in hood.

FOOTWEAR

CHACOS, TEVAS OR FLIP FLOPS: Chacos, Tevas, or flip flops are great for any water activity or during non-active times throughout the program (old tennis shoes work well too).

TENNIS SHOES OR TRAIL RUNNING SHOES: These will be your primary walking shoes. Trail shoes are typically lighter weight than hiking boots and are not as bulky. You should find a shoe that gives you a lot of support and one that has a good rugged sole. The more traction the easier it will be to walk on varied terrain. Keep in mind that your shoes may be subject to mud and rain during service sections. If you would prefer to bring an older pair of shoes, that is fine.

LUGGAGE

BACKPACK: Your backpack should be large with ample room to carry all your personal items, clothing and gear. Your backpack should be at least **4500 – 5000 cubic inches in size** and have a well-fitting padded waist strap and padded shoulder straps. It is recommended to be store-fit/sized to fit appropriately.

OR

TRAVEL BACKPACK: A travel backpack is typically a bit smaller than a backpacking pack and usually includes several features, which make it ideal for international travel. The most notable difference between a backpacking pack and a travel backpack is the fact that the shoulder and waist straps stow-away for checking on an airplane. Most travel packs feature a removable daypack, eliminating the need to purchase a separate daypack. Other features often include a one-zipper entry system, making it easier to access all of your belongings, organization pockets, a rain cover, as well as side and top handles to carry as hand luggage. **You should try to find a travel pack that is at least 4500 - 5000 cubic inches.** It is recommended to be store-fit/sized to fit appropriately.

DAYPACK: Your daypack can be your school book bag or something similar. We use these for day hikes or on travel days when a large backpack is unnecessary or inaccessible. If you purchase a Travel Backpack with a removable daypack, you do not need to purchase or bring a separate daypack.

ACCESSORIES

QUICK-DRY TOWEL: A small quick-drying towel to be used for showers taken in between activities. There are several brands, such as Travel Towel®, and they are inexpensive and a nice alternative to cotton.

SUNGLASSES PLUS CROAKIES: We strongly suggest that you do not bring expensive designer sunglasses on this program as they can be easily lost or damaged. Croakies are devices attached to the sunglass stem to keep the glasses from falling off your head.

PERSONAL MEDICAL KIT: All ARCC leaders carry a full first aid kit, however please consider bringing a personal medical kit with a few items you might need as you adjust to the new environment. For this program, ARCC recommends the following items:

- Pepto Bismol
- Probiotic (eg. acidophilus)
- Imodium
- Electrolyte packets (eg. Emergen-C)
- Small bottle of hand sanitizer

- Moleskin (soft cotton flannel padding that protects feet from painful boot friction. It can be found in the foot products section of most drug stores and sporting good stores. One package should be sufficient.)
- Motion Sickness Medication (for train and boat rides)
- Antibiotic (eg. Ciprofloxacin)

With the exception of the antibiotic, all of these items are available over-the-counter. However, please discuss the use of any and all medications with your physician.

CAMELBAK/NALGENE WATER BOTTLE: Hydration is the key to a healthy adventure. A Camelbak is an alternative to a water bottle; it is a water pouch that slides into the back of your backpack and can often hold more water than one liter of water. Nalgene bottles are **one-liter** bottles made of durable plastic that are easy to clean and refill.

INSECT REPELLENT: ARCC strongly recommends using insect repellent with a 20-35% concentration of DEET, as studies have found this to be most effective in combating insects.

WATCH w/ ALARM: A watch is essential for any type of travel. Yours should have an alarm for days when we have an early morning. We recommend waterproof or water-resistant watches. Remember that your cell phone and other wifi-devices will be collected and not available to use as an alarm.

FORMS AND DOCUMENTS

PASSPORT AND PHOTOCOPY OF PASSPORT: A valid passport is required for travel to Vietnam and Cambodia. Please double-check that your passport is valid for at least 6 months after the start date of your program. Your leaders will hold on to your passports for safekeeping during the program, but you should carry a copy of your passport in your luggage.

OPTIONAL

CAMERA, MEMORY CARD & CHARGER: We encourage you to bring a camera as there will be many great opportunities for pictures. Small digital cameras are a nice combination of size and weight. Be sure to bring at least one memory card, your charger and/or extra batteries. The waterproof/disposable cameras are also a great choice for this program. ARCC does not reimburse the cost of lost, damaged, or stolen property. Cell phones and other wifi devices will be collected and not available to use as a camera.

HEADLAMP: Headlamps are flashlights with a headband so that the user can have both hands free to cook or do camp chores.

DONATIONS FOR SCHOOLS: During our community service sections we'll be visiting communities with schools that are sorely in need of school supplies. Appropriate donations are things like pens, pencils, paper, art supplies, and sports equipment, such as frisbees, hackysacks, volleyballs, soccer balls, badminton/birdies, etc. This is completely optional.

BED SHEET: The bed sheet is used for comfortable sleeping on hot nights in tropical locations. You may choose to purchase a "sleep sack" which is a sheet sewn together on three sides like a sleeping bag, or you may bring a regular bed sheet.

LONG SLEEVE SHIRT/ FLEECE JACKET/ SWEATSHIRT: This is recommended for travel days, extra warmth at night and chillier parts of the program.

STUFF SACKS: Stuff sacks are small nylon bags used to organize clothes and gear in your backpack. We suggest two stuff sacks approximately 8" x 20" in dimension. 'Compression Sacks' (stuff sacks that compress to a smaller size) can also come in handy.