

# What to bring!

## Southeast Asia Encountered



### Don't leave home without:

- Passport with minimum 6 months validity remaining at date of arrival home
- Photocopy of passport (leave another copy at home with family/friends)
- US\$ cash for Laos visa on arrival (approx. \$35 - \$50)
- Passport photo for visa on arrival
- Insurance policy (leave a copy at home with family/friends)
- VESA Travel Waiver printed and filled in
- Toiletries to be bio-degradable (more info on pg 2)
- Gastro kit essentials (see sidebar) →
- General first aid kit essential (see sidebar) →



### Volunteer clothing:

- T-shirts and tops
- Shorts/capri pants, light weight long pants
- Sandals or flip flops/Havaianas
- Light weight jumper/sweater for night time
- Closed toe shoes/boots for volunteer work
- Rain jacket and wet weather gear
- Sunglasses, hat and work gloves for construction
- Lots of socks and underwear
- Warm clothing if travelling between November to February



### Dress code – modest!

While you don't have to take it to extremes, you do need to be respectful in the evenings at the ECC and guests should avoid wearing overly revealing clothing. Women should be covered to the knees and the shoulders and chest of all visitors should be fully covered when visiting temples.

### A basic gastro kit includes:

- Gastrolyte tablets or similar for fluid replacement
- Imodium or similar for diarrhea
- Maxolon or similar for nausea and vomiting

### A basic first aid kit includes:



- antiseptic
- painkillers
- wound-cleaning gauze
- sterile dressings
- bandage tape
- plasters
- tweezers
- scissors

The ECC and hostels have bed linen and insect netting where required

### Weather



Laos has a tropical monsoon climate, with a pronounced rainy season from May through October, a cool dry season from November through February.

## **Adventure week clothing:**

- Holiday clothes – dresses, shorts, t-shirts/singlets/tank tops
- Clothes for evenings out
- Swimmers
- Shoes appropriate for water activities
- Warm clothing if travelling between November to February →

## **Other important essentials:**

- A large backpack is recommended but not a rule – we'll be on and off planes, buses, mini-vans etc. and you will be carrying your own luggage
- Day pack (small) for adventure and volunteer work to carry water, first aid kit, sunscreen, camera and insect repellent
- Reusable water bottle for personal use (not a bottle of water)
- Sunscreen with min 30+ protection (preferably natural sunscreen so that the chemicals from normal sunscreen aren't running off to feed the fish!)
- Insect repellent with high Deet content (again, if possible, insect repellent that isn't a spray so that we can avoid spraying all plants and insects around )
- Calamine lotion for bites, sunburn and other skin irritations
- Towel (fast dry travel towels are recommended)
- Biodegradable soap, shampoo and conditioner, preferably as little plastic as possible (Lush offers shampoo bars, so that you just pick up a new bar to refill the tin, and poof... no more plastic waste!)
- Sufficient medications for the duration of your stay if applicable
- Flashlight and spare batteries
- Power adaptor (available for purchase at travel shops) to recharge phones etc.
- Small padlock for your pack/bag



## **Nice to have:**

- Neck cushion for plane and coach travel
- Spending money for souvenirs, drinks and optional activities etc. There are ATMs at Vientiane airport where you can withdraw Laos currency (Kip) with your regular ATM card. It is best to advise your bank of your travel plans.
- Small useful items as gifts for the students or school i.e. old sport jerseys/hats/soccer balls or children's books and stationery



## **Vaccinations**

While no vaccinations are mandatory for travel to Laos, VESA strongly recommends that you speak to a medical practitioner about any immunisations you may need.

In Laos there is Japanese Encephalitis, Typhoid, Hep A, Hep C, Malaria rare.

## **Unpredictable weather**

In winter (Dec-Feb), it may not be warm at all times. Please be sure to pack:

- Warm jumper
- Warm socks
- Jogging pants/leggings
- Long sleeve t-shirt
- Rain jacket



**CHANGE.  
MADE BY YOU.**

**Travel Responsibly**

