

One of the most common pre-trip questions we receive is all about what to pack, and what the essential items are. This is a list of recommended kit to take on a Sapa trek. We have tried to pare down this kit list to the absolute must-haves for your trek, but above all you should use your common sense and your own personal preferences when you are packing. Check out our additional guidelines at the bottom of this list!

RUCKSACKS AND BAGS

- Day sack 30-40L
- Rucksack/Duffle bag 70-90L
- Waterproof liner*

SLEEPING

- 2 season sleeping bag*
- Sleeping mat/Thermarest*
- Sleeping bag liner*

FOOTWEAR

- Walking boots with ankle protection
- Hiking socks at least 4 pairs, of which one thermal
- Training/comfy shoe for evenings
- Spare laces*

CLOTHING

- Water and wind proof jacket and trousers
- Long sleeved shirts
- Lightweight fleece top
- Trekking trousers (not jeans)
- Underwear light and loose
- Bandana/buff for the cold
- Balaclava/hat
- Casual clothes for around camp
- Hiking shorts*
- Smart clothes for the Celebratory meal*
- Swimwear

GENERAL TREKKING EQUIPMENT

- LED Head torch plus spare batteries
- Walking poles
- Ankle Gaiters*
- Water bottles/bladder min 3l
- Sunglasses
- High energy snacks (tracker bars, dried fruit, chocolate, nuts)
- Plastic bags for keeping clothes and docs dry
- Camera*
- Contact lenses (plus spare glasses)*
- Gaffa tape for emergency repairs*
- Alarm clock/watch*
- Ear plugs*

SMALL FIRST AID KIT

- Pain killers
- Plasters
- Zinc oxide tape
- Compeed blister pads
- Antiseptic wipes
- Diarrhoea tablets
- Rehydration sachets
- Your own medication
- Deep heat*
- Knee supporters*

TOILETRIES

- Toothbrush, toothpaste, soap, baby wipes, lip salve
- Shampoo/conditioner
- Travel towel
- Deodorant
- Tissue/toilet paper
- Insect repellent containing DEET
- Malaria tablets under advice from your GP
- Aftersun/moisturiser
- Sun protection (min factor 30)
- Dextrose tablets for extra energy*
- Dry shampoo*
- Dry wash*

DOCUMENTS

- Passport
- Tickets (given to you at the airport)
- Photocopy of passport
- Cash in US dollars
- Debit card
- Travel insurance

KEY * Indicates Optional

If you do not own some of this equipment and do not wish to spend a lot of money on buying equipment then we would highly recommend hiring equipment from our partners at [Outdoorhire](#). They can hire really good quality outdoor equipment. Often hiring a quality piece of equipment is better than purchasing a cheap version.

MAKING THE MOST OF YOUR KIT

PACKING

Check out Outdoor Hire's useful tips on how to pack your kit bag [here](#). Remember the general rule that if you don't need it, don't bring it. You will be given a soft waterproof duffle bag for you to put your kit needed for the first 3 days of your trekking in Sapa. This will be carried by our local team; the maximum weight will be 15Kg, so don't over pack! Your main rucksack will be with you again, when you arrive to the Topas Ecolodge.

Your day sack (30-40L) should have a thick waist strap for maximum comfort. Other things to consider are back ventilation, hydration compatibility and gear loops for stowing walking poles. Waterproof liners or bags are essential for keeping valuables and clothes dry within your pack.

CLOTHES

A top quality breathable waterproof jacket is vital; it rains frequently in the rainforest. In the evenings after a long, sweaty day in your boots it's a good idea to give your feet a bit of TLC. Get your boots and socks off, wash and apply talcum powder and then slip into a pair of sport sandals so your feet can air. Sport sandals are also supportive and secure enough to be perfect for wading rivers when you want to keep your boots dry. In humid conditions it's a good idea to keep two sets of light clothing, one for day and a second, dry set for evenings in camp. Keep the dry set in a roll top dry bag to ensure it stays dry.

SLEEPING

Sleeping bags are provided by our local team however if you would like to take your own the [Snugpak Travepak Lite Sleeping Bag](#) is perfect. Lightweight and packing down very small, it has an integrated mosquito net built into the hood to keep creepy-crawlies off your face and out of your bed. A [silk sleeping bag liner](#) is ideal for when it's just too hot for a sleeping bag but doesn't take up too much space in your pack.

Mosquito nets are not required for the jungle and will be provided during the home-stays.

HYDRATION

With physical exertion in hot, humid conditions your fluid needs increase dramatically. Adequate hydration is vital and dehydration can have serious consequences for your trek and your health. There are various ways to get the right fluids into your body, with many people using water bladders or a widemouth bottle with a [drinking tube adaptor](#). It is also worth adding oral rehydration tablets or electrolyte powders to your water to help maintain a correct electrolyte balance. Make sure you follow the mixing instructions on the pack.

See Outdoor Hire's top tips for hydration [here](#).

HEALTH

Make sure you take a first-aid kit with you, as the group medical kit is designed for emergencies. Zinc Oxide tape is a handy addition, as it is often a lifesaver for blisters. Tape up your feet before trekking and this will reduce the chance of you developing hotspots. Mosquito and other biting insects live in the jungle and a high DEET content insect repellent can be invaluable in keeping them off.

CAMPING

The jungle is dark when the sun goes down, make sure that you have a good quality LED headtorch so you can find your gear and your way to the loo at night. Keep your kit organised and dry by compartmentalising it in small [dry bags](#) within your pack.