

PAYTC VIETNAM TOUR 2024 - Red Bus - be at the airport on SAT. MARCH 23 by 3:15am

Traveler's name _____

Last things you should do and think about for your trip:

1. The last thing you do before you leave your house to go to the airport is physically take out your passport and money to ensure these items are with you!
2. Leave a copy of your passport at home!!
3. Only liquids 100ml or less can be packed in your carry-on luggage. Be sure to place any of these small liquid containers in a sandwich size bag as when we go through security, you'll need to take this bag out of your carry on. You can only have 1 sandwich bag full of liquids. Be sure to know what section of your carry-on you've put this bag in and make it very accessible for you as we'll be doing this through all security checkpoints. All your other liquids you should put in your checked luggage and be sure to put those liquids into a zip locked bag in case of leakage.
4. Pack your own bag with your parent's assistance. Parents are not travelling! YOU are so, you need to know what and why you're packing particular items **ESPECIALLY THE MEDS YOU'RE BRINGING!**
5. Start brushing your teeth at home not using water from the tap. Start **TONIGHT**. Put an elastic around the nozzle of your tap which then triggers you to remember not rinsing that toothbrush with water other than what you've poured into a glass from a water bottle. This must be practiced so it becomes a habit once we're in Vietnam.
6. Constant **HYDRATION is EXTREMELY IMPORTANT**, you must drink a minimum of 2L daily. Always use **HAND SANITIZER/ WASHING WITH SOAP is a MUST!** Plus a **HAT is a MUST** while on tour!
7. Remember if you can't peel it don't eat it! This applies to fruit and salads.
8. Snacks that are packed **MUST BE** in their original containers/packaging. Once a package is open up it must be consumed or thrown away before getting off the plane. If anyone sitting beside you on the plane or bus is allergic to nuts then, no one in that row/across the aisle/a row ahead/a row behind must not eat nuts.
9. Make sure you have items packed in your carryon bag that you will need at the airports as we have a lot of down time to entertain ourselves. As well, pack a toothbrush, phone charger, 3 changes of clothes (in case of lost luggage), 3 underwear, 1 sock, umbrella, your meds and a travel journal - **DO Not** pack any sharp items in your carry on.
10. No student carries all of their money – we had 2 students leave their money behind.
11. Our mind set going into the trip is “everything will be looked upon as an adventure” – the way you perceive airport delays will make or break the first day so let's enjoy our time together and meeting new people.
12. **Patience, promptness and positive personalities** are musts on the trip – we look forward to each day and the adventures the day will bring.

13. Be sure to get some sleep on the flight as we have a full day of touring on arrival day.
14. Remember to tape the trips daily itinerary and the airline/hotel information into your travel journal - as well, parents print a copy of the trips itinerary and flights for yourself
15. ***Always have your flight ticket and passport with you whenever you leave any section of the airport. Carry these items in a secure fanny pack/money belt*** - never leave your bags unattended!
16. ***Wear your lanyards at all times!***
17. Use nasal spray and/or a decongestant prior to take off of each flight if you're congested at all
18. Security –we're ripe for theft- be extremely cautious with your passport; your money belt is your best way to keep these items secure.
19. Be sure to ***clearly tag your luggage***- each piece including your back pack must be tagged – use the EF tag on your larger piece – at the airport be sure to get a ribbon from your advisor that will help identify your luggage.
20. Once you are on the plane, put your passport away in your money belt (NOT in the pocket on the seat back).
21. Let's not create any "drama" with room changes - let's be flexible.
22. Bullying/criticizing/being "all that and more" will not be tolerated on the trip. If you have something to say that you can't say or do to an advisor DON'T say it.
23. We are discouraging contacting home as it often creates drama and homesickness. Anyone travelling your goal should be to contact home only twice during your trip. The more you contact home the less you'll get out of the trip.
24. ***Texting home*** - you are half a world away so if there is a personal/boyfriend/room-mate/bus problem **YOU DO NOT WORRY YOUR PARENTS ABOUT THIS** -you go to your advisor or another advisor. We should NEVER get info second hand from your parents that there is an issue with you.
25. **No "monkey see monkey do" -just because you see someone doing something that is dangerous or ridiculous does not make okay for members of the travel club to do - safety is our #1 concern!**
26. Some of us get a little stressed or nervous with flights and or new situations. Everyone must adopt this quote TODAY and EMBACE IT! **“STRESS IS THE BODIES WAY OF PREPARING IT TO DO SOMETHING GREAT!”**
27. The most important thing to pack is **“YOUR COMMON SENSE!”**
28. Personal hygiene is extremely important! You must shower daily!
29. Practice carrying your own luggage up and down the stairs as you may be taking luggage up 4-5 flights of stairs. Your luggage should not weigh more than 35 pounds.

30. Before throwing any food away, be sure to ask those around you if they would like it. The portions are not as large as they are in Canada so someone will likely want the food you're not crazy about.
31. Take a piece of fruit for your backpack from your breakfast meal.
32. Let's not dilly dally at bathroom stops as the bus driver can only be on the road for a specific amount of time.
33. Bringing a pre-loaded \$500 credit card is a smart idea.
34. Be careful when opening your wallet -be cognisant of who is around you.
35. Be sure to decorate /ID your EF backpack as there will be many of them on the bus.
36. Program your advisor's phone number and the tour director's phone number into your phones.
37. Take a picture of the rooming list each night when we're on the bus so you know where your friends are and where the advisors are.
38. If there's 4 to a room you will be sharing a bed.
39. It's imperative that you have packed your carry- on bags properly as you have a VERY tight transfer window in Seoul Korea. You will all have to be moving very quickly to make your Amflight so make sure you do not have anything sharp in your carry-on nor any lighters as you don't have any time to be held up at security. You must go to the bathroom on the plane before we land as we'll have no time for a bathroom break.
40. Some security areas ask you to take off your shoes. Just look at the people ahead of you to see what is expected.
41. Don't wear chains and jewelry during the flight as security will ask you to take all of that off and again all of that is time restricting
42. All change in your pockets needs to be taken out and put in a tray as you go through security
43. Be sure to pack a bathing suit and one slightly fancier outfit for our farewell supper..

44. ARRIVAL TIME back into Saskatoon April 8, 11:03 West Jet 3254