



Guide For Backpackers

All adventurous people love the spontaneity of backpacking. In a Utopic world, backpacking would be romantic, but unfortunately, planet Earth is far from Utopia. Hence, it would be best for backpacking aspirants to follow certain basic guidelines before setting out on the road. It will only ensure your own safety and most importantly, an enjoyable trip.

Since backpacking is essentially low budget and agenda-free, it requires a lot of movement from place to place. You may be in Paris one day and then next day, you may board a train to Germany. It would be infinitely difficult to do this if there was packing and dragging of multiple heavy bags involved. That is why, the right gear and knowledge of the uses of that gear is important for backpackers.

The backpack used must be sturdy and large enough to fit everything you'll need on your trip. This has probably been said many times and in different ways, but it is important – take only what you need. There are enough problems on the move without having to worry constantly about the size of your luggage. The lighter and smaller the weight on your back, the merrier you'll be on your trip.

- Avoid packing your backpack to the brim; you should leave some empty space for knick-knacks that you'll collect on the trip. Carry a first-aid kit and medicines that you may require for common illnesses like colds, headaches etc. You'll be eating and staying in new and strange places; there is no guarantee of what kind of facilities you may receive.
- A map, guidebook, passport with [Vietnam visa](#), flashlight and batteries, calculator and matches and candles are certain essential items that you may need during your trip in case you are lost or stranded in the dark.
- Washing powder, soap, toothpaste and products for personal hygiene need to be carried along with you. Of course, if you get soap or powder free in hotels,

do take them (do not steal, though!) You never know when they may come in handy.

- Keep a list of emergency phone numbers with you at all times – numbers of your embassy, friends, family etc. Avoid leaving your passport and other important documents unguarded.

Finally, record the memories of your trip in a diary – they'll make for good anecdotes later.

Source: www.hotels-in-vietnam.com