

# 2022 D.O.V.E. TRIP TO VIETNAM

## ITEMS YOU WILL NEED

1. Passport and Visa (Visa is being setup by Cam Nhung)
2. Airline tickets and Trip Itinerary
3. Cash – a money belt is a safer way to carry cash and your passport (take new, crisp one dollar bills for tipping & small purchases) In money belt: extra cash, copy of your passport & visa and copy of your charge card Visa, master card, etc. – you should call the company & let them know you'll be making charges in another country
4. Clothes – temperatures vary throughout the country. In the past, the weather was cool and cloudy (and rainy). Jackets, sweaters, and sweatshirts were worn. Previous trips have experienced very hot weather necessitating shorts most of the time. We seldom dressed-up for dinner so dressier clothing can be minimalized. Long pants/Capri's and modest tops are proper attire for visiting schools.
5. Comfortable walking shoes – also those appropriate for muddy back roads.
6. Rain poncho, Umbrella (Can get lightweight in Vietnam if necessary)
7. Hat, sunglasses, sunscreen
8. Swimsuit /cover-up/ book to read on the plane
9. Camera/charger & extra batteries & extra memory cards (you'll take lots of pictures) (Can purchase memory cards in HCM City)
10. Snack foods like trail mix, granola bars, etc. Plan to have in your carry on for the flights there and back, beside consumption when in country.
11. Pocket-size tissues – you will use as toilet paper
12. Hand sanitizer (the 2 oz. size of Purell travels well) & antibiotic wipes
13. Face Masks (you might need these when in tight areas like the plane)

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14. Prescription medications (many do not take malaria medicine)
15. First aid kit – products like Imodium, Pepto Bismal, cold pills, antihistamine, cough drops or lozenges, (some took small mosquito repellent) may be useful. Ambien was helpful for sleeping on the plane or adjusting to the time change. Prescription antibiotics like Cipro or a Z-pack were helpful in case of illness.
16. Extra travel bag or collapsible duffel – the shopping is fun, you'll be tempted to bring lots home
17. Laundry – was available in the hotels, but Do and Theresa know more economical laundries, (bring a dirty clothes bag along)
18. Check "appliances" for compatibility with 220V/50Hz electricity found in Vietnam. Many "appliances" are dual rated for use with 120V/60Hz or 220V/50Hz. If not, a "converter" is required. At the very least a wall plug "adapter" is. Required to change "flat" plugs into "round" plugs found in Vietnam.
19. Toiletries: Shampoo (if you like your own), deodorant, razor, toothpaste & toothbrush, soap, nail clipper (hair dryers are supplied in hotels), Laundry Soap
20. Gifts for children: chap sticks (it's nice to give to each child in our schools) & small body lotions for teachers
21. Headphones (Noise canceling if you can afford the extra cost)
22. List of Friends of D.O.V.E.
23. iPad or iPhone with Zoom, Skype or Facetime. Calls are free from Vietnam when you have WiFi at the hotels, airports, or in restaurants. Setup and test all of your connections with your friends before you travel. Connections have been great.

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What –to Wear for the gals?

**Capris** – casual for wearing during the day (2)  
Dress capris for evenings (1)

**Skirts** – Can be worn day or evening Dress – For evening dinner

**Tops** – 6 – 8, for dress or daytime

### **Bathing Suit**

**Hat** – Great for traveling in the villages

**Shoes** – (Comfortable) – sandals, casual and dressy/and/or flats Tennis Shoes?

**Purse** – .Something small with long strap

**Jewelry** – Do NOT bring anything valuable

You should carry a copy of visa and passport with you  
(Hotels generally take your passport upon registration)

Suggest you have copy or picture of passport and visa on your cell phone / smart phone, iPad etc.

Have a buddy carry copies of documents to be safe.

Camera and cards or film – Vietnam is a target rich environment for photographers. This is a must. Video cameras are wonderful too.

Ambien – sleeping pill for long flight and maybe to get sleep while in country.  
Beds and sounds are unusual.

Cipro – medication for stomach problems.

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Malaria Tablets – ask your doctor

Personal Medication – Tums, Advil, NyQuil, DayQuil, etc.

After-Bite – For bug bites

Buy phone calling cards in Vietnam

Do will have emergency number for family and friends.

Snacks for the trip

A neck pillow for flight

BOSE noise canceling headset to remove the noise on the airplane

Bring iPod or portable DVD Player if you have them

Might carry a small kit with toothpaste, brush, small bar of soap, and wash cloth to freshen up at airports.

Books, audio tapes, Deck of cards, or portable games for long flight.

Small flashlight – sometimes lights go out in Vietnam, plus nice by bed stand at night.

Hand sanitizers – liquid or packets (might prevent using the Cipro)

Package of detergent unless you want hotel to clean clothes.

Chap stick and sun screen

Can use your credit cards to get Vietnam Dong

Individually wrapped candy to hand out to kids

Presents for kids?

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## ITEMS YOU WILL NEED

Insect repellent

Passport Holder

Journal

List of friends addresses that have provided financial help to the D.O.V.E. Fund  
(Suggest you consider sending thank you notes to these special friends)

Hat — can be purchased in Vietnam

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### Sample Biography (Roland)

#### Roland Southard

Roland, a native of the Toledo area, graduated from Sylvania High School in 1969. He attended the University of Toledo to pursue a career in engineering. In January 1970, Roland joined the Army National Guard, to allow him to continue his education. He attended Army basic training in January 1971, and graduated with honors from Fort Monmouth Electronics Signal Corps in July. Roland is second generation US military veteran, son of decorated (Bronze Star, Purple Heart) WWII veteran Robert M Southard.

Roland served 15 years in the Army National Guard and transferred to the Air Force National Guard in 1985. He retired from Air Force National Guard with the rank of Senior Master Sergeant (E-8) in May 2004.

For most of Roland's civilian career he was employed by Owens Illinois (O-I), Glass Container Division, where he held various engineering positions in design, installation, and support of process control computer systems at glass plants worldwide. Roland met his wife Celeste at Owens Illinois, and they have been married since 1991. Roland retired from O-I in March 2013.

Since his retirement, Roland has been active in various volunteer roles at his church, the community, and The D.O.V.E. Fund. As part of his role as a member of The D.O.V.E. Fund board of trustees, he has taken on a leadership role providing IT support and serving as Secretary.

Please provide your bio to Roland Southard [rsouth4527@aol.com], so he can add it to the travel package for the whole group, before you depart.