

2017-2018 D.O.V.E. TRIP TO VIETNAM

ITEMS YOU WILL NEED

1. Passport and Visa
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.
11. Pocket-size tissues – you will use as toilet paper
12. Hand sanitizer (the 2 oz size of Purell travels well) & antibiotic wipes
13. Prescription medications (many do not take malaria medicine)

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14. 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.
15. Extra travel bag or collapsible duffel – the shopping is fun, you'll be tempted to bring lots home
16. Laundry – was available in the hotels, but Do and Theresa know more economical laundries, (bring a dirty clothes bag along)
17. 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.
18. Toiletries: Shampoo (if you like your own), deodorant, razor, toothpaste & toothbrush, soap, nail clipper (hair dryers are supplied in hotels), Laundry Soap
19. Gifts for children: chap sticks (it's nice to give to each child in our schools) & small body lotions for teachers
20. Headphones (Noise canceling if you can afford the extra cost)
21. List of Friends of D.O.V.E.
22. iPad or iPhone with Skype or Facetime. Calls are free from Vietnam when you have WiFi at the hotels, air ports, 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.

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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.

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, 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

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Individually wrapped candy to hand out to kids

Presents for kids?

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 (Fred)

Fred Grimm

After completing high school in his hometown of Minster, Ohio, Fred Grimm attended Ohio State University until drafted by the Army in 1968. Fred was with the 39th Engineering Battalion on LZ Dottie when he was wounded August 19, 1969 and was awarded the Purple Heart. Fred was discharged in 1969 and married his hometown sweetheart Jill Meyer a few months later. Fred decided to complete his college education and received his Bachelors and Masters degrees from the University of Toledo. Shortly after his graduation, he joined Northwestern Mutual Life Insurance Company and recently enjoyed his 40th year with the firm. Fred and Jill have two grown children and enjoy frequent visits with their 3 grandchildren.

In 2000, while a member of the Toledo chapter of Rotary International, Mr. Grimm became part of a group that founded the D.O.V.E. Fund. As a former chairman, he has served in many positions on the D.O.V.E. Fund Board and is currently Chair of Vietnam Projects coordinating all aspects of resource allocation in Vietnam, communication with local officials and regular onsite project evaluations. Grimm and his wife have also made personal contributions to help build a nursery school at My Hoa in Quang Ngai province where he served in 1968. In addition, Grimm was also instrumental in the funding of a school in Huong Xuan with friends from Kentucky built in 2009.

An active member of the D.O.V.E. Fund from its inception, Fred will be making his 12th trip to Vietnam in January of 2015-2016. Mr. Grimm has received several awards for his service including the prestigious Jefferson Award from the Toledo Board and citations from provincial officials in Quang Tri for his commitment and leadership. He is also a member of the Board of Directors for Vietnam based charity. *Hearts for Hue* which provides a wide range of humanitarian services to the needy in Thua Thien province

Over the years, Grimm has helped bring back many veterans to Vietnam and finds the experience especially rewarding. Some of these returning veterans have helped fund projects as a memorial of time served in Vietnam decades ago. As active members of the D.O.V.E. Fund, Fred and his wife Jill, travel annually to Vietnam. Fred will be making his 12th trip to Vietnam in January of 2015-2016. He and Jill reside in Holland, Ohio.

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.