

Cambodia Short Trip Kit List

You should consider that whatever you pack, you will have to carry with you. Therefore, be careful not to get too excited and take too much. Ideally you should have a 60-80litre rucksack or holdall and a small day sack (30-35 litres). You should use the following checklist as a guide:

Essential Items

- Photocopies of your passport and cash cards in case the originals are lost or stolen; the copies should be packed separately from the original documents
- Passport and Visa
- Spending money & ATM Card

Suggested Items

Clothing/Footwear for Project work

- 1-2 sets of lightweight, quick drying, loose fitting long-sleeved tops and trousers for evenings
- 2 pairs of long shorts or cropped trousers
- 3 t-shirts
- A warm top (fleece or hoody) to keep you warm at night
- Well worn, comfortable and sturdy walking shoes/boots/trainers
- 1 pair of heavy duty gardening/work gloves
- Socks
- Hat, ideally with wide brim to protect head, face and neck from the sun, and/or bandana
- Sunglasses (with high UV protection)

Please note that you may be working in areas where the locals expect a certain dress code. In these cases you are asked to respect their customs and wear the appropriate levels of dress, e.g. long sleeves. Camouflage/military clothing is also not suitable.

Clothing/Footwear for Leisure and Beach

- Swim Shorts or suits
- Flip flops
- Sarong

Bedding and Bathing

- Pyjamas/Nightwear
- Personal washing kit (we recommend bringing biodegradable soaps and shampoos)
- Lightweight (micro-fibre) travel towel
- Lightweight sleeping bag or sleeping bag liner (mattress, pillow, blanket, and mosquito nets are provided)

Project Supplies

- Small day sack/rucksack (25 - 35 litres)
- Dry bags or plastic sealable bags (good at protecting equipment such as camera from dust, humidity and water)
- Notebook and pens or pencils
- Insect repellent spray (ensure contains 30% to 50% DEET)
- Sunscreen lotion with SPF 30 or higher
- Water bottle (1litre capacity minimum)
- Antibacterial hand sanitiser
- Head torch or small hand torch with spare batteries

Personal Supplies

- Underwear – enough for the length of your trip although hand washing is possible in most camps.
- Anti-malarial tablets (if applicable)
- Personal first aid kit (see below for suggested contents)
- Earplugs & eye mask if you are a light sleeper
- Wet wipes/Baby wipes/Tissues
- Contact lenses & solution (if applicable)

Personal First Aid Kit

Below is a suggested contents list. However, this is only a guide and you should consult a GP should you have any questions. You should also consider sharing a kit between 2 or 3 of you or at least share specific items.

- Personal medication e.g. prescription drugs/inhalers
- Plasters
- Steri-strips for wound closure
- Crepe bandage 7.5cm
- Painkillers
- Antiseptic Wipes & Iodine Solution for wound/bite cleaning/sterilising
- Antihistamine cream and tablets
- Anti-diarrhoeal tablets (e.g. Loperamide, Imodium)
- Decongestant (e.g. Sudafed)
- Throat sweets
- Re-hydration sachets X 10 (e.g. Diarolyte)
- Tweezers
- Scissors
- Antacids

Optional Items

- Diary or journal
- Camera with batteries/battery charger
- Mobile phone (depending on school policy)
- Books
- Sewing kit
- Spare batteries and film
- Talcum Powder – good for keeping your feet and other sweaty areas dry

Jungle trekking extras

If your itinerary includes an overnight jungle trek then you should also bring:

- A lightweight sleeping bag (1 season).
- Thick hiking socks.
- Additional water bottle (1litre) or reservoir with drinking tube (2litres)