



St Stephen's Global

LEARNING WITH OUR WORLD

What to pack - checklist



Cambodia

Guidelines

Recommend taking one large suitcase, and one daypack which you can take as carry-on. Try not to pack up to the maximum for the flight over as you will possibly come back with more things to pack rather than less.


Baggage limits are:

- **Check-in luggage - 20kg**
- **Carry-on luggage - 7Kg**

Below is a checklist of items to bring. At the bottom of this list is a list of which items specifically to put in your carry-on bag.

Checklist

Items	Comments
Toiletries	
<input type="checkbox"/> Toothbrush <input type="checkbox"/> Toothpaste <input type="checkbox"/> Deodorant <input type="checkbox"/> Nail clippers / tweezers (optional) <input type="checkbox"/> Hair brush / comb (optional) <input type="checkbox"/> Soap / shower gel <input type="checkbox"/> Shampoo / conditioner <input type="checkbox"/> Razor / shaver <input type="checkbox"/> Lip balm (optional) <input type="checkbox"/> Baby wipes / towelettes (optional) <input type="checkbox"/> Bandaids <input type="checkbox"/> Feminine hygiene products	<p>Rather than take too much in the way of heavy bottles of shower gel and shampoo etc, consider purchasing items in Cambodia (cheaper) and just buy a bottle between you and your roommate.</p>
Footwear	
<input type="checkbox"/> Thongs / sandals <input type="checkbox"/> Closed-in shoes (Volley's / runners)	<p>Thongs are great for around town and touring. When on the project site, full covered shoes need to be worn.</p>
Clothes	
<input type="checkbox"/> Swimwear <ul style="list-style-type: none"> ○ Guys - board shorts ○ Girls - Bikini will be ok in some places <input type="checkbox"/> Lightweight Long pants <input type="checkbox"/> Lightweight long sleeve top <input type="checkbox"/> Socks <input type="checkbox"/> Underwear <input type="checkbox"/> Sarong (girls) <input type="checkbox"/> Sleepwear <input type="checkbox"/> Jumper <input type="checkbox"/> T-shirts / cotton shirt <input type="checkbox"/> Hat / cap	<p>Consider that expensive clothes may not get returned from the laundry and expect that clothes worn on the project sites will get dirty, and the possibility to be damaged so don't be sporting your favorite gear. Consider buying some cheap clothes or shoes at the markets for working on the project sites. When picking a quantity of clothes to pack, consider that we may not get to wash clothes every couple of days and will want enough for at least a few days.</p> <p>Plan for hot nights although some places will have aircon, some may not (eg village stay) and if the power goes out for no reason - it happens.</p>

<p>Male</p> <ul style="list-style-type: none"> <input type="checkbox"/> Dress shorts <input type="checkbox"/> Boardies <input type="checkbox"/> Shorts for working in <p>Female</p> <ul style="list-style-type: none"> <input type="checkbox"/> Aladdin-style loose pants which cover below knee length, and/or <input type="checkbox"/> Leggings or ¾ pants <input type="checkbox"/> T-shirt or top which covers the shoulders and midriff 	
Miscellaneous	
<ul style="list-style-type: none"> <input type="checkbox"/> Torch (LED) – with full batteries <input type="checkbox"/> 1-2 Ziplock bags (lunch bags) <input type="checkbox"/> 3-4 Plastic bags (eg Coles shopping bags) <input type="checkbox"/> Notepad and pen <input type="checkbox"/> Towel 	<p>LED lights are less likely to blow or break</p> <p>Lunch bags are useful to put money or phone in if it rains</p> <p>Bags are useful for putting laundry, wet or other items in for transit (eg dirty shoes)</p> <p>Towel useful when out of hotel (eg pillow for village stay)</p>
Electronics	
<ul style="list-style-type: none"> <input type="checkbox"/> Mobile phone (unlocked) <input type="checkbox"/> Phone charger & cable <input type="checkbox"/> Earphones <input type="checkbox"/> Tablet / iPad (optional) <input type="checkbox"/> Camera (optional) <input type="checkbox"/> Charger for camera (optional) <input type="checkbox"/> Double adapter <input type="checkbox"/> Travel adapter for Asian countries 	<div style="text-align: center;">  </div> <p>If purchasing a travel adapter, choose a 2-prong Asian adapter. Can purchase at the airport or in Cambodia.</p>
Visa and spending money	
<ul style="list-style-type: none"> <input type="checkbox"/> 2 x colour passport photos <input type="checkbox"/> USD\$30 for visa <input type="checkbox"/> AUD\$ for spending <input type="checkbox"/> ATM debit card <input type="checkbox"/> Passport 	<p>Visa on Arrival is USD\$30.</p> <p>Extra USD\$20 useful in transit on the way to Cambodia. Keep some AUD for the plane if you wish to purchase anything on the flight.</p>
Medication	
<ul style="list-style-type: none"> <input type="checkbox"/> Insect repellent containing DEET (30%-50%) <input type="checkbox"/> Antihistamine, anti-motion sickness medication, medicine for pain or fever. <input type="checkbox"/> Sunscreen <input type="checkbox"/> Antibacterial hand wipes or alcohol-based hand sanitizer containing at least 60% alcohol <input type="checkbox"/> Multivitamins 	<p>Useful non-prescription medications which may make traveling and staying in a foreign place slightly more comfortable</p> <p>Sunscreen preferably SPF 30+ or greater</p> <p>Hand sanitizer is the key to not getting sick from eating with hands</p>

Carry-on bag



- No liquid over 100ml**
- No cans of deodorant on International Flights**

- Anything expensive** – keep in here as it will be with you
- Medications** – Any prescription medications (just in case check-in luggage gets lost) or you need something in the air
- Passport** – If you want to come with the rest of the group
- 2 passport photos** - for Visa on Arrival
- Minimum USD\$30** - for Visa on Arrival
- Other Cash** (\$USD, \$AUD) – If you wish to purchase anything during the flight or stop-over
- Bank card** – if taking one
- Pen** – to fill in arrival card & visa application
- Unlocked mobile phone** – Can purchase a SIM at the airport or markets. Remove your Australian SIM once we take off to avoid any possible roaming charges.
- Paperclip** – to remove SIM card (if using an iPhone)
- Phone charger** – to charge at the airport
- Travel Adapter** – for stop-over at airport
- Reading material** – can purchase something at airport too
- Jumper** – it is ridiculously cold on flights, especially from Asia due to the aircon being turned down cold to stop the spread of germs. Take a jumper to use as a pillow if nothing else.
- Shorts / something cooler to change into** – We are leaving Perth at night when it's cold but have a long stop-over in Singapore and you will most likely want to get changed into something cooler there.

What not to bring

- ⊖ Sunglasses – Too easy to break or get stolen and you can purchase some at the market for a few \$\$
- ⊖ Jewelry – Don't take rings or necklaces. You don't want to appear rich because it may attract unwanted attention and you will get charged more when buying something.
- ⊖ Makeup – At least don't go OTT. It's really hot and makeup just isn't necessary.
- ⊖ Makeup mirror – There are mirrors, and yours may break due to luggage handlers
- ⊖ Laptop – Too large and too expensive. Stick with something more portable like a tablet
- ⊖ Perfume – Deodorant is enough and its just something else to get broken
- ⊖ Singlet's (for male and female) – not really culturally appropriate where we are going

Tips

- Get free ziplock bags at customs to put any liquids in (even if you don't need one, take one)
- Cheap shoes can be purchased at the markets if you want to not wear out a good pair while on the project site. You can always throw or give them away at the end of the trip.
- Register your travel with your bank otherwise they may block transactions on your card if used overseas.
- When packing your suitcase – roll your clothes instead of folding. They don't crease and you fit more in