



Packing List and Useful Tips for Cambodia Study Tour

Below are some helpful hints to guide your packing for our Study Tour to Cambodia. When in doubt, leave it at home - in this case, "less is more". If you have any questions, please do not hesitate to contact us.

Important Weather Information: Average temperatures in Cambodia will range from the high 80s to low 90s during the day to mid 70s at night with a slight chance of rain. You should bring appropriate clothing for hot, humid and potentially wet weather.

- During the day plan on wearing comfortable, modest clothing. It is not culturally appropriate for men or women to wear shorts or tank tops to community visits. Skirts should be knee length or longer. Bring a scarf or light sweater to wear in air conditioned restaurants and at the hotel.
- One pair of sandals and one pair of comfortable, closed-toed shoes you won't mind getting dirty
- Sunglasses and hat for sun protection
- Sunscreen and lip protector (SPF of at least #15, UVA and UVB protection)
- Insect repellent containing 20% to 35% of the active ingredient "DEET". Avoid cologne, scented after-shave lotion, deodorant, and perfume, as they attract insects.
- Any prescription medications you take, including those you only use on an as-needed basis.
- Antiseptic, Aspirin/Tylenol, band-aids, antibacterial wipes/hand sanitizer, vitamins, motion-sickness medication, skin lotion (for sunburn); medication for stomach upsets or diarrhea, such as Pepto-Bismol or Kaopectate.
- An umbrella, poncho or other light rain gear
- Bathing suit (optional)
- Notebook/writing journal and pens
- Flashlight and batteries (put the batteries in backwards so if it turns on in your suitcase, the batteries will not drain)
- Camera and charger
- Leave all valuables at home. Please do not wear flashy jewelry.

Other Important reminders:

- **Time Zone**

On the web check www.timeanddate.com for exact international times.

- **Currency and Exchange**

The Cambodian Riel, the national currency of Cambodia, fluctuates. The current exchange rate can be found on the web at <http://www.xe.com>.

Credit cards are taken at most restaurants and shops, and ATMS will be available. Remember, your accommodations, meals and ground transportation will all be taken care of so the only items you should need cash for are souvenirs, alcoholic beverages and gratuities.

We also strongly recommend leaving copies of your credit cards and their emergency contact numbers at home in case any of your cards are lost while abroad.

- **Tipping and gratuities**

Tipping has become common practice and is very much appreciated for a job well done. We recommend budgeting for an average of US \$10 per day per person for your guide and about half that amount for your driver. At the end of the Study Tour, AJWS staff will collect tips from the group and present them to the guide and driver on your behalf. (Please note: you may have several guides and drivers during the course of the Study Tour)

If you would like to tip your hotel housekeeping staff, we recommend leaving between US \$1 and US \$2 per guest per day on your pillow, however it is totally at your discretion.

- **Language**

Khmer is the official language of Cambodia.

- **Important documents**

Before you leave, make two photocopies of all your important documents (passport, credit card, plane tickets, medical insurance card or and list of medications and driver's license). Keep one copy with you (separate from the documents) and leave the other with someone in the U.S. who you can contact easily.

- **Cell phones**

If you want to use your own phone, tablet, etc., make sure international service has been activated.

- **Internet access**

There is WiFi internet available at the hotels.