

PLANNING A VISIT TO CAMBODIA

A trip to Cambodia can be rewarding and inspiring, but it is very different than a visit to Europe. Although many items can be purchased in Cambodia's markets, some products aren't available or may be difficult to find. Below is a suggested list of what to bring when planning a visit to Cambodia. If you know you use these items every day, make sure to bring enough of them with you.

Clothing

Light, airy, casual clothing of natural fibers are most comfortable in Cambodia's heat. Tank tops, short skirts, shorts, or any other revealing or tight clothing are considered inappropriate and should not be worn throughout Cambodia.

- lightweight pants, capris and/or long lightweight skirts
- long sleeve and short sleeve shirts
- sweater or sweatshirt (for air-conditioned cars and buildings)
- underwear
- pajamas
- tennis shoes or comfortable walking shoes
- socks
- swimsuit
- lightweight rain jacket

Toiletries

Be aware that toilet paper is not always available in public restrooms outside of high-end hotels and nice restaurants. You may want to bring either toilet paper or a small package of Kleenex in your day bag - just in case!

- shampoo
- conditioner
- brush, comb
- toothbrush
- toothpaste
- dental floss
- razor
- tampons, sanitary napkins
- contact lens care: saline solution, contact lens case, any cleaning products
- eye drops (Cambodia is very dusty; eye drops will comfort dry eyes)
- mosquito repellent
- suntan lotion
- hand sanitizer
- small packages of Kleenex (can double as toilet paper)
- lip balm

Medicine

Be prepared with all prescriptions; it may be very difficult and inconvenient to get refills during your visit to Cambodia.

- pain reliever
- band aids
- alcohol wipes
- anti-biotic ointment
- cold medicine
- prescription medications
- anti-histamines
- anti-diarrheal medicine (such as Imodium)

Miscellaneous Items

Almost everything in Cambodia is listed in US dollars. We suggest you bring lots of \$1.00 and \$5.00 bills, which are most commonly used.

- small day pack
- sunglasses (Cambodia can be very bright and sunny)
- battery operated alarm clock
- compact umbrella (indispensable during rainy season and on bright, sunny days)
- camera
- money - \$1.00 and \$5.00 denominations
- photocopy of your passport (kept separate from your passport during your trip)