

Suggested Packing List for CAMBODIA

Here is an idea of the travel items required. Note that all the clothing items & quantities suggested below are simply a recommendation, as it depends on the individual, but please try to keep baggage sizes & weight reasonable.

We recommend that the lead teacher has access to the following:

- A copy of the students' passports
- The travel insurance documents for the whole group
- The airline tickets
- A list of all participants
- All medical information, including medication
- Contact details for the parents (either directly or through a contact at the school)
- A first aid kit (note that Indago staff will also have one)

Packing essentials for students:

When in the village and at religious sites or temples, students should dress conservatively. Shorts should not be too short, and tops should not be low cut or have shoulders exposed. Tight clothes such as gym leggings are also inappropriate. Please ask us if you would like guidance on this. Clothes are also likely to get very muddy, dusty and sweaty, especially when doing manual labour, so please bring clothing that you don't mind returning looking worse than it started. We recommend that you bring:

- A valid passport with any required visas. We recommend that the teacher collects this on arrival at the destination.
- At least 1 pair of outdoor sneakers/trainers, shoes or boots
- 1 pair of open shoes e.g sandals
- 2 pair trousers/skirts
- 2 pair of shorts
- Underwear & socks (as appropriate)
- T-shirts
- Warm clothing for the evenings, such as a sweater or light jacket, or long sleeve tops
- 1 rain jacket (and umbrella if desired)
- 1 - 2 hats (for protection from the sun)
- Swimwear
- Work gloves
- Personal money in US\$
- A daypack for carrying day-to-day items
- Prescription glasses if required, and a spare pair if important (note: contact lens wearers should note that we will be in dusty areas at times)
- Toiletries in small containers – toothpaste, toothbrush, shampoo & conditioner, soap / shower gel, and deodorant
- Water flask to minimise water bottle wastage
- Tissues or wet wipes
- Hand sanitizer if wanted
- Insect repellent
- Sunscreen and sunglasses
- Camera
- Torch/ flashlight
- A journal or diary, and a reading book
- Any chargers and plug adapters required
- We may also recommend specific things to bring for the service work or the village

Please also speak to your teacher about who will carry any medication you may be bringing

