

CAMBODIA

Everything you need to know about packing.



September is a great month to travel to Cambodia if you're keen to avoid the crowds. It is a hot and rainy time of year in Cambodia with an average temperature of approximately 26 degrees Celsius. It is also a beautiful time of year because the country is incredibly picturesque.

Although it can be very wet in September, showers usually only last for a few hours rather than all-day downpours, although these can also happen.

A FEW THINGS TO NOTE:

- ▣ Closed footwear is highly recommended to avoid cuts that can quickly become infected.
- ▣ Light, breathable clothing is recommended for day use.
- ▣ 'Temple outfits' must cover your knees and shoulders (scarves won't cut it).
- ▣ Cloth washing is readily available and cheap so you do not need to bring too many things.
- ▣ It is a good idea to save copies of key documents (i.e. your passport) online.

PACKING LIST

At a minimum, make sure you bring your passport, credit card, cash and medications.

CLOTHING

- ▣ 3 - 4 shirts that cover your shoulders
- ▣ 3 - 4 skirts, long-shorts or pants
- ▣ 2 'temple outfits' – knees and shoulders must be covered (scarves won't cut it)
- ▣ 1 -2 nicer dinner outfits (basic)
- ▣ 1 light sweater or jumper
- ▣ Swimmers
- ▣ Underwear
- ▣ Socks
- ▣ Pyjamas

FOOTWEAR

- ▣ 1 pair of sandals or flip-flops
- ▣ 1 pair of comfortable walking shoes (runners are great)

BAGS

- ▣ 1 small day backpack
- ▣ 1 Suitcase, backpack or duffel

DOCUMENTATION

- ▣ Passport (valid for 6 months)
- ▣ Airline tickets
- ▣ Travel insurance certificate
- ▣ World Health Booklet (yellow vaccine book)

OTHER ESSENTIALS

- ▣ A travel towel (microfibre is best)
- ▣ Baby wipes (highly recommended)
- ▣ Insect repellent (mandatory)
- ▣ Sunscreen
- ▣ Sunglasses
- ▣ Umbrella
- ▣ Sun hat
- ▣ Universal power adapter

TOILETRIES

- ▣ Soap, shampoo & conditioner
- ▣ Toothbrush, toothpaste & floss
- ▣ Deodorant
- ▣ Hand sanitiser
- ▣ Tissues
- ▣ Shaving supplies
- ▣ Sanitary products

MEDICATIONS

- ▣ Malaria medication (consult your doctor)
- ▣ Antibiotics (particularly for diarrhea)
- ▣ Diarrhea medicine (i.e. Gastro-Stop)
- ▣ Ibuprofen
- ▣ Electrolytes

OPTIONAL

- ▣ Ear plug
- ▣ Camera
- ▣ iPod
- ▣ Portable battery to recharge your phone

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PACKING VIDEO

STILL HAVE QUESTIONS?

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