

# What Should I Pack ?

*The essential  
to bring with  
you in  
Cambodia*



# Clothes



- ❑ Because of Cambodia's hot, humid climate throughout the year, we recommend **bringing light, comfortable and casual cotton pieces** that allow your skin to breathe.
- ❑ Essentially, you cannot go wrong with light-weight, smart casual pieces, such as cotton collared shirts or T-shirts, and knee-length shorts or skirts.
- ❑ Long-sleeved tops are recommended for protection against the sun and against mosquitoes.
- ❑ Comfortable shoes , like rubber flip flops or light sandals, are a must for walking around the city. If you're afraid of dust and dirt, trainers with socks are a good choice.
- ❑ Pack light, there will be cheap opportunities to get your laundry done on the streets (1 kg = \$1) and there are shops selling second choice of HM or ZARA clothes.

# When volunteering



- ❑ At work, modesty is generally appreciated.
- ❑ As a rule of thumb, casual dress is the best choice, with T-shirts or shirts covering your shoulders and trousers or knee-length skirts.
- ❑ There should be no exposed shoulders, cleavage or short shorts as they're usually considered inappropriate for a work environment.
- ❑ In some places, such as school, you may be asked to remove piercings if they're considered to be extreme or in excess.

# During the rainy season



- ❑ During the rainy season of June to October, don't bother bringing an umbrella. The monsoons are usually so intense that you'd end up thoroughly drenched!
- ❑ It's generally better to find a hiding spot and wait for the rain to end, or to purchase a waxed rain poncho like the green ones that are used by tuk-tuk drivers. Rain ponchos are available for a few dollars at any shopping mall.
- ❑ When it's raining, be sure to leave your leather sandals behind and wear rubber flip-flops instead.

# When visiting temples or rural villages



The poster is titled 'ANGKOR VISITOR CODE OF CONDUCT' and is available in multiple languages: English, Khmer, Chinese, French, and Japanese. It features a background image of Angkor Wat. The poster is divided into several sections with icons and text:

- WELCOME TO ANGKOR!**

Angkor was the capital of the Khmer Empire (9th to 15th centuries) and once the largest city in the world (12th century). Today, Angkor is still an active spiritual site for Buddhists and citizens who engage in daily worship, prayer and meditation. Angkor is also a living site where over 130,000 inhabitants have lived for many generations.

The APSARA National Authority has been responsible for the conservation and sustainable development of Angkor since 1995. One of our goals is to harmonize tourist experiences with public safety and respect towards our community. This official Visitor Code of Conduct was designed to support this goal. It was developed in cooperation with local communities, visitors, tour guides and restoration teams.
- To enhance your experience and to preserve Angkor for generations to come, we kindly urge you to observe the following points:**
- Ⓧ Dress Code**

Revealing clothes such as shorts and skirts above the knees and showing bare shoulders are prohibited in sacred places. Respectful dress is strongly encouraged in Angkor.
- Ⓧ Monuments**

Touching carvings, sitting on fragile structures, leaning on temple structures, moving or taking archaeological artifacts and graffiti are strictly prohibited. Backpacks, umbrellas with sharp tips, tripods and high heels are discouraged from being brought or worn inside the temples.
- Ⓧ Sacred Sites**

As Angkor is a sacred site, loud conversation and noise and other inappropriate behaviour in Cambodian culture is considered to be offensive and may disturb other visitors. Please keep calm and be respectful.
- Ⓧ Restricted Areas**

For your own safety and for the conservation of Angkor, please comply with all signs on the site and be mindful of your steps at all times. Do not climb on loose stones.
- Ⓧ Smoking and Littering**

As a member of the World Health Organization, Angkor has been a smoke free site since 2012. Smoking cigarettes disturbs other visitors and cigarettes can start bush fires. To protect the environment, please do not smoke and litter.
- Ⓧ Candy or Money to Children**

Buying items, giving candy or money to children encourages them not to attend school but to beg. If you wish to help the children, please consider donating to a recognised charity.
- Ⓧ Monks**

Monks are revered and respected. If you want to take pictures, please ask for permission first. Women should not touch nor stand or sit too close to monks.

⚠ Any act of looting, breaking or damaging Angkor, or exposing sexual organs and nudity in public area is a crime punishable by law.

Cooperation with: APSARA National Authority, Ministry of Culture, National Institute of Archaeology, Ministry of Tourism, Ministry of Education, Youth and Sport, Ministry of the Royal Palace, Ministry of the Royal Guard, Ministry of the Royal Palace, Ministry of the Royal Guard, Ministry of the Royal Palace, Ministry of the Royal Guard.

Supported by: ICD, ILO, CAMBODIA

- ❑ Keep in mind that Cambodia is a country in which modesty is valued. Dressing appropriately when visiting rural or remote villages shows that you're honouring your host country's traditions and customs.
- ❑ Be aware that revealing clothing such as shorts or skirts that end above the knees, or tank tops and shirts that show bare shoulders are prohibited in all sacred places.
- ❑ This is particularly true when visiting Angkor Wat, which is not merely a tourist attraction, but continues to be a living, breathing place of prayer.



# *Check list*

# Things that you should bring from home



- Good quality back bag. It is highly recommended NOT to use bags or shoulder bags but to wear a backpack all the time.
- Good quality helmet to be used when riding the bicycle
- Good quality cotton underwear, socks and bras
- One warm jumper or fleece (air conditioned bus journeys can sometimes be very cold)
- Good quality sport gear, particularly training shoes
- Swimming suit
- Good quality sun glasses
- Small torch
- Two mobile phones, one for your home sim, the other for the Cambodia sim.
- Good quality cotton towels
- Bed linen, if you plan to do your own laundry

....Any special item or comfort food that will make you feel home

# Things that can be purchased locally

- All types of toiletries (shampoo, bath foams, toothbrush, tampons)
- All types of kitchenware items
- Sun cream
- Mosquito Repellent
- Cheap counterfeited bags, glasses, tshirts , shoes and sport gear
- Counterfeited and rebuilt mobile phones
- Reusable water bottle
- Made in China helmets
- Locally made plastic flip flops
- Rain jacket
- Sun hat
- Local Sim Card



# Money



- Cambodia is a cash based country. Credit cards are accepted only by luxury hotels and restaurants
- ATMs to withdraw money are widely available, however most of the time you will be charged.
- To avoid any additional bank fees check with your home bank to find out which bank they have an agreement with and then withdrawing there.
  
- The local currency is Cambodian Riel although US dollar is the currency used everywhere in Cambodia.
- The US dollar, especially the one-dollar bill, is prevalent throughout Cambodia for almost all purposes and is often preferred to the riel, earning the unofficial reputation as a second currency in Cambodia.
- In practice, US dollars are used for most transactions over US\$1.
- USD\$1 is approximately 4000 riel.
- Change that is less than \$1 will be given back to you in the local currency- riel.
- Riel is mainly used for buying local produce and other small purchases.
  
- Have the exact bills (\$30 or \$35) to pay the visa upon arrival at the airport
- We recommend having at least \$50 in small bills hidden around your luggage in case of emergency.
- Currency dollar in small size (1, 5 , 10, 20, 50) in good conditions.
- Old and/or torn currency bills very often suffer rejection



# Technology

- ❑ Bring your own computer with you, as usually hosting organizations either have a very old model or no laptops available.
- ❑ Also remember that cell phones with 4G technology work well in Siem Reap, Phnom Penh and most touristic areas of Cambodia.
- ❑ The vast majority of hotels, bars or restaurants offer free wifi services.

# Electricity Adapter

- ❑ Electricity in Cambodia is 220V, and most sockets accommodate plugs with two flat pins.
- ❑ Bring an adapter (European looking one) if you are bringing anything that needs to be plugged in.
- ❑ Don't forget chargers for your phones and cameras!

# Passport



- ❑ Losing a passport is not the end of the world, but it is a serious inconvenience.
- ❑ Please keep it in a safe place during your staying in Cambodia and keep a photocopy of your passport photo page in your wallet
- ❑ Passport size photographs are often asked by local for all sorts of paperwork, bring some with you.

Also remember that...

- ❑ Your passport needs to be valid for at least six months or Cambodian immigration will not issue a visa.
- ❑ It's also important to make sure that there is plenty of space left in the passport, as a Cambodian visa alone takes up one page

# Pharmacies



- ❑ Pharmacies in Siem Reap and Phnom Penh are usually stocked and you don't need a prescription to get your hands on anything from antibiotics to paracetamol.
- ❑ Prices are also very reasonable, but do check the expiry date, as some medicine may have been on the shelves for quite a long time.
- ❑ To avoid miscommunication you can bring an English Khmer speaker with you, or a Khmer note a Khmer speaker translated for you
- ❑ You should seek advice from your doctor or health center back home on the need for any other special medications

# Medical Kit



Following is a list of items to consider including in your medical kit

- aspirin or paracetamol – for pain or fever
- antihistamine – for allergies, or to ease the itch from insect bites or stings
- cold and flu tablets, throat lozenges and nasal decongestant
- multivitamins – especially for long trips, when dietary vitamin intake may be inadequate
- loperamide or diphenoxylate – ‘blockers’ for diarrhoea
- rehydration mixture – to prevent dehydration, which may occur during bouts of diarrhoea
- calamine lotion or aloe vera – to ease irritation from sunburn
- antifungal cream or powder – for fungal skin infections and thrush
- antiseptic (such as povidone-iodine) – for cuts and grazes
- bandages, plasters and other wound dressings
- water-purification tablets or iodine