

Helpful List

Clothing:

- The weather will be warm. Personal preference is allowed but packing mostly long shorts (oxymoron alert) is recommended. A pair or 2 of long pants would be adequate. Capri's and knee length skirts can be worn as well (by the ladies).
- The best type of shirts is short or long sleeved. Sleeveless can be worn on occasion but absolutely no "strappy" tanks.
- Flip flops and sandals are typically the shoes of choice. Close toed shoes will be useful for work teams and days where we may do a lot of walking.
- We will have the opportunity to swim. Please bring modest swimming attire.
- A rain poncho and/or umbrella may be helpful if you don't like getting wet.
- Hat to keep sun out of your face.
- Clothing that you would not mind getting dirty.

Immunizations:

- Hepatitis A
- Typhoid
- Malaria (optional)
- Check with the current recommendations of your local health department. Also, your county health department may be able to do the immunizations cheaper than your doctor's office.

Stuff:

- Sun block
- Bug Spray
- Good Water Bottle
- Tummy Medicine
- Analgesic
- Protein Bars
- Hand Sanitizer
- Band-Aids
- Travel Pillow (per your preference)

Currency:

- Cambodian currency is the Riel. Exchange rate is roughly and consistently 4000 riel to \$1.
- I have not been anywhere that the USD is **not** accepted.
- Do not bring coins as they are not used here.
- There are ATM machines easily accessible for you to access cash.
- Very few places accept Debit/Credit cards.