

Packing List: VISIONS Cambodia

PLEASE NOTE:

- Families should thoroughly review the [Cambodia FAQ](#) webpage for all program preparation info.
 - Keep in mind that people dress conservatively in Cambodia. Our conservative dress code (more conservative than other VISIONS sites) is based on the requests of our hosts, as we will be part of their community this summer. We realize that you may not have all of these things on-hand, and thank you for your understanding.
 - Pants, shorts and skirts must be loose fitting and knee length at a minimum (capris work)
 - To enter the pagodas during some of our sightseeing, clothing must go almost to the ankle (pants and very long skirts are fine; shorts and capris are not)
 - All tops must have sleeves and modest necklines (no swooping v-necks, for example)
 - We recommend lightweight and breathable fabrics that dry quickly (such as wicking wear, particularly for pants, and also a couple shirts)
 - Remember that comfort & versatility are more important than fashion, and clothes will get dirty.
 - We do laundry weekly and storage space is limited, so please don't pack more than what's listed.
-

PERSONAL ITEMS:

- Passport with at least 6 months of validity (must be valid through January of the following year) and visa stamp (see *PASSPORT / ID* section on webpage for details)
- Toiletries and any personal medications
- Natural, biodegradable soap & shampoo for showering
 - We recommend natural bar soaps/shampoos, *Dr. Bronner's*, or camping soaps. Do NOT bring non-natural products, as they can be harmful to local waterways. Thank you.
- Sunscreen (~8 oz)
- Bug repellent (~4 oz)
- Bath towel
- Twin sheets
- Lightweight blanket
- Daypack/bookbag (can be used as a carry-on for flight)
- Sunglasses with UV protection
- Water bottle (at least 32 oz)
- Pair of leather work gloves

CLOTHING:

- Work sneakers or hiking boots
- Sandals with straps (Tevras, Chacos, etc.) or flip-flops (for showers, walks, etc.)
- Lightweight rain jacket
- Lightweight long-sleeve work shirt for sun protection
- 5 - 6 t-shirts (spaghetti straps, crop tops, and tops that reveal undergarments are not permitted)
- 1 pair lightweight pants ("safari" pants that zip into shorts are useful)

- 4 pairs shorts (shorts should be almost to the knees; capris are best, and read below for details)
- 4 - 5 pair work day socks
- Undergarments
- Baseball/sun hat
- Sleepwear

OPTIONAL:

- Cell phone w/ [WhatsApp](#) downloaded
 - While you will not use this during the program, it is helpful for airport logistics and calls home. See *BEING IN TOUCH* on webpage for details.
- Spending money (see *PACKING GUIDELINES* section on webpage for details)
- Camera (not a phone; see *PACKING GUIDELINES* section on webpage for details)
- Wristwatch with alarm
- Laundry bag
- Book to read (no e-books, please)
- Musical instrument
- Bandana
- School and art supplies for activities with local kids
- Money belt (to keep passport / wallet safe)
- Headlamp or flashlight (for reading at night)
- Camp chair or portable backrest that sits directly on the ground (used for group meetings).
 - There are some chairs on site, but bring your own if you'd prefer.
- Psyllium fiber capsules and / or acidophilus pills - supplements that can help with travel / diet changes and will only be taken if needed. Not Ex-Lax.
- Consider treating clothing with permethrin, which helps repel mosquitos. You can buy pre-treated clothing or treat things yourself.
- Outlet adapter. Online search: "Cambodia power plug adapter" (VISIONS also has some on hand that you may use for your camera)

DOCUMENTS (bring the following documents with you to give to your VISIONS leaders onsite):

- Copy of vaccination record
- Copy of health insurance card front and back
- Copy of travel insurance card (if applicable)
- Completed Consent to Travel form ([link here](#))
- Copy of passport