



## Days for Girls International Trip to Cambodia

March 26 - April 1, 2025

### *Suggested Packing List*

#### **Weather Conditions**

Cambodia has typical tropical weather: some periods are very hot, and others extremely wet. March is the dry season, with about a 15% average chance of rain. March is on the cusp of the hot & dry season, and average high temperatures can reach up to 94 degrees Fahrenheit and average lows of around 78 degrees Fahrenheit in Siem Reap. Phnom Penh will always be a few degrees hotter due to the urban heating effect.

Please consider taking some preventative measures against heat and sun exposure such as wearing long, breathable protective clothing and hats and actively hydrating throughout your time in Cambodia.

#### **Luggage & Packing**

We recommend packing any medications you take, a change of clothing, and any valuables in your carry-on bag in case your checked bag is lost or delayed. Be sure to have luggage tags with your contact information on each bag and a TSA-approved lock when possible.

**Domestic flight luggage restrictions:** You will take a domestic flight on March 28 from Phnom Penh to Siem Reap. Please note that the maximum luggage allowance for your flight is 7kg for carry-on and 23kg for checked luggage. You will not return to Phnom Penh during the trip, so there is no option to store luggage before the flight. Please plan your packing accordingly.



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#### **The Essentials**

##### Documents:

- Passport (original and photocopy)
- International flight itinerary
- List of medications and any existing health conditions
- Medical insurance policy & emergency phone numbers
- Evacuation insurance ID card (provided by Elevate Destinations before the trip)
- Emergency contact sheet (provided by Elevate Destinations before the trip)

##### Travel Essentials:

- Credit cards and cash (see money section in Country Guide)
- Daypack for your sightseeing days

- Reusable water bottle
- Notebook & pens
- Book or e-reader
- Energy bars
- Glasses & sunglasses
- Travel pillow & earplugs
- Prescription medicines

##### Electronics:

- Camera, extra batteries, and charger
- Chargers for all electronics
- Battery power bank / charger
- Headphones or AirPods
- Plug adaptors for type A, C, and G plugs and/or a universal adapter for any electronics requiring three-pronged outlets





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#### **Clothing**

During any temple visits (including Angkor Wat) as well as site visits to observe DfG's programming, modest clothing should be worn. Plan to cover your shoulders and down to your knees during most days of the trip. On any days when you are in the city and not visiting religious sites, shorts and tank tops may be worn if you prefer.

Due to the heat and red dirt roads, items of clothing are likely to be weathered. It is especially recommended not to wear white or light-colored items of clothing due to the dusty environment.

- Long pants suitable in hot weather
- Shorts as necessary
- Skirts or dresses that fall below the knee
- Light, long-sleeved shirts (preferred over short-sleeve for modesty and to repel mosquitoes)
- Short-sleeved shirts as needed
- Shawl, scarf, or light sweater for sun protection
- A couple of versatile “nice yet casual” outfits
- Comfortable walking shoes
- Sandals and flip-flops
- Small travel umbrella or waterproof jacket/poncho (during the dry season, it is unlikely to rain heavily)
- Sun hat or cap
- Socks and undergarments
- Sleep wear



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#### **Medical Kit & Toiletries**

- Sunscreen and lip balm with an SPF
- Toothbrush, toothpaste
- Insect repellent - Picaridin / DEET
- Prescription medication with original labels
- Cipro or other antibiotic in case of stomach issues
- Sleeping medication if helpful
- Over the counter medication
- Allergy medication and epi-pen if needed
- Rehydration salts or electrolyte powder, Emergen-C or Nuun tablets
- Anti-diarrhea medication
- Medication for indigestion - Pepto-Bismol, Tums, etc.
- Painkillers
- First aid kit - antiseptic cream, Band-Aids
- Pre-moistened antibacterial hand wipes
- Travel size soap and body or hand lotion
- Travel size shampoo and conditioner
- Hair brush, comb, hair ties or clips
- Eye drops
- Contact lenses & solution