



WILD WOMEN

EXPEDITIONS

Northern Cambodia Explorer

Packing Checklist

 **Luggage Logistics:** Checked luggage can get lost or delayed on the way to any destination. Prepare for this possibility by wearing items that are essential to your Wild Women Expeditions adventure. In your carry-on, pack a light jacket, change of clothes, snacks, toiletries, water bottle, medications, camera, and all paperwork. Depending on group size, luggage space in vehicles can be limited - please use a small-medium sized suitcase or duffel on rollers, and do not pack more than you can carry.

 **Cultural note:** Monks are revered and respected in Cambodia. If you want to take pictures, please ask for permission first. Women should not touch, stand, or sit too close to monks.

 **Helpful tip:** Always check the weather in your destination in the week leading up to your trip!

Below is a list of required, recommended and optional items to bring on your Wild Women Expeditions adventure. This list is provided as a guideline and is not exhaustive, nor do you need to bring everything on it (unless it is *required*). Think about how you travel and what works best for you. If you know you'll never wear or use a particular item on this list, don't worry about it!

Required Items

- Main luggage: suggested small to medium sized suitcase with rollers (soft or hard sided is fine), or travel duffel with rollers; travel backpacks are fine too (40-60L), but keep in mind that you need to carry this along with your day pack in the airport and from vehicles to your accommodation
- Small day pack (18-25L)
- Good shoes for trekking and walks around temples
- Light rain/wind jacket
- Reusable water bottle

Recommended Items

- 2-3 pairs of lightweight pants and/or capris. The weather can be hot and humid and you'll want to be covered to protect against mosquitoes, mainly during the evening and in remote areas like the jungle. Revealing clothes such as shorts and skirts above the knees and showing bare shoulders is prohibited in sacred places. Respectful dress is strongly encouraged in Angkor.
- 5-8 tops (mix of t-shirts and lightweight long sleeves, for weather and mosquito protection); if bringing tank tops, they should have thicker straps and worn with a shawl, scarf or open sweater, when visiting temples, you must dress neatly with clothes covering your shoulders and knees or you may not be allowed to enter the temple.
- Underwear
- Bras
- Pyjamas
- Brimmed hat
- Bandana/buff
- Comfortable sandals
- Sunglasses (with optional leash and case)
- Toiletries
- Prescriptions
- Sunscreen, Lip Balm (with SPF) Insect Repellent
- Personal First Aid Kit. It should contain: Ibuprofen/ASA, band aids/plasters, second skin, adhesive tape, anti-histamines, Polysporin, Imodium or similar tablets for mild cases of diarrhea, throat lozenges, extra medications/ vitamins you may be taking, motion sickness medication for car travel or sea sickness, hand sanitizer/wipes etc.
- Ear plugs
- Smartphone with charger, plug adapter for destination and converter
- Money belt

Optional Items

- Snacks (if you have faves you like to travel with)
- Electrolyte drink mix (to aid in rehydration)
- Reading material
- Pencil and notebook/journal (if that's your thing!)
- 1-2 long dresses or skirts if you already wear dresses/skirts (knee-length at minimum)
- One-piece Swimsuit (recommended)
- Luggage locks

Essential Documents

- Passport (with photocopies and/or saved on phone)

- Travel insurance (with photocopies and/or saved on phone)
- Airline tickets (with photocopies and/or saved on phone)
- Local currency, debit and credit cards
- Wild Women Expeditions Trip Details and Bulletins (saved for easy access on your phone)
- Any entry visas or vaccination certificates as required

 Note: Pack photocopies of travel documents separate from originals (or save to your phone) in the event that your baggage is lost or delayed.

Resources for Buying Outdoor Gear & Clothing

- Mountain Equipment Company, REI, SAIL, Atmosphere, Sportchek
- Borrow: Why buy when you can borrow from a friend?
- Thrift stores and online swap sites are also great places to find second-hand gear for a fraction of the price. Reduce, Reuse, Recycle, Rewear!

Gear Note: We want you to be super Girl Scout-prepared for this trip! If you are unsure about any of the items on this list, ask us! Or, talk to the staff at your local outfitter. They love to chat about gear and will expertly kit you out!