

Cambodia CLOTHING AND EQUIPMENT LIST	Details	Got it...	Packed it...
Solid training/hiking shoes	For <u>house building</u> and tree planting.		
Heavy duty gardening gloves with reinforced material on the front for carrying sheet metal	Gardening gloves can be purchased at any hardware shop, they must be quality for <u>house building</u> .		
Light, <u>long</u> summer shorts or crop pants and T shirts (no low cut tops)	For daytime		
Old T-shirts with sleeves (x 2)	Specifically for <u>house building</u>		
Old long trousers or $\frac{3}{4}$ length	Specifically for <u>house building</u>		
Warm fleece or jumper	Air con conditioned places		
Long sleeved shirts and long pants	For evenings to prevent mosquitos bites		
Lightweight waterproof jacket	There may be some rain		
Small umbrella	There may be a lot of rain!		
UV filter sunglasses	Important for eye protection. Sun is intense and we are out all day on most days		
Sun hat/baseball cap	Two that provide adequate shade		
One swimming costume	Swimming available at the hotel pool during specified rest periods		
Socks and underwear	For 7 days		
<u>NO</u> camouflagage clothing	Frowned upon & attention seeking		
Nightwear	Warm to wear at night in case you are cold in AC rooms		
OLD Single bed sheet, single top sheet & pillowcase	To donate to NHCC orphanage if you have old bedding		
One pair of sandals, sturdy flip flops or Teva's	A must have! Great to wear in the rain		
One pair of flip flops	Optional if you have sandals with you		
Water bottle (Nalgene or stainless steel if possible) with your name on it!	At least 1 litre size, you will fill from plastic bottles we will recycle		
Any prescription medications must be declared to the trip leaders!	Please let Mr Hopley know if you are taking any prescription drugs, these must be accompanied by a letter from the Doctor explaining the dosage and passed to me to administer.		

INSECT REPELLANT called Ultrathon with high concentration of DEET 24%, some natural ones are good to if you prefer!	VERY IMPORTANT we will wear this daily, from Watson's/Manning's		
Toilet bag/ Toiletries / Déodorant/ Shampoo	Toothpaste and toothbrush etc		
1 x small towel	Carry in your backpack as it is very hot		
SUNBLOCK factor 30+ minimum	VERY IMPORTANT		
NO hairdryers	The Hotel has them		
NO expensive jewelry, cheap watch & basic earrings	WE ARE NOT RESPONSIBLE FOR VALUABLE ITEMS		
Mobile phones & ear phones	Bring @ own risk and lock in safe, you are NOT allowed to take them outside of the hotel		
After sun moisture cream			
Books and Games for the journey	Nothing noisy, yet cards are great!		
Several plastic bin/zip lock bags (for dirty clothes)	For storing things/for wet swimwear/dirty clothing		
Pen and small notebook	Compulsory!		
PASSPORT and ID CARD	We will give you back your passport at the airport		
MONEY	A small amount of spending money (no more than US\$200) small denominations		
Small gifts (they love pens and pencils) for children.			
A small backpack big enough to carry your water, suntan cream, insect repellent etc.	For day travel		
We recommend you use a suitcase on wheels.	Please bring the minimum as we will be carrying a lot of donated items already		
Wet wipes & tissues	To take care of personal hygiene needs		
Small LED flashlight	Make sure batteries are new!		
Inflatable neck pillow	Optional		
Hand held fan	Human powered!		
Powdered Re-hydration salts/Pocari sweat powder	From Watson's/Fusion/Park n Shop you will need 2 or 3 per sachets per day! COMPULSORY!		
Prescription and non-prescription Medicines	Labelled prescription medicines with your name on them. Small supply of any additional medicine you may require such as Panadol, Nurofen, Immodium, insect bite cream, anti-histamine tablets		