

# Universal Village Program



## WHAT TO BRING

### You will need:

- One sports-type bag or medium-sized suitcase (easy to transport and not precious) for your luggage (10kg maximum)
- One back pack (7kg maximum) and to take around when you are travelling away from base.
- One sturdy back pack full of educational supplies (10kg maximum) for a Cambodian Village School. OPTIONAL

Think **SIMPLE, CONSERVATIVE, BASIC** and only what you **REALLY NEED!!!** It is not a fashion parade.

- Passport and ticket documentation
- Copy of passport, ticket and ID tucked away somewhere safe in your luggage
- Medication
- Toiletries – soap, shampoo/conditioner (small containers), hairbrush, toothbrush, toothpaste, etc. (**minimal** amounts in a toiletry bag)
- 2 or 3 pairs shoes – 1 pair of sandals/casual + 1 pair sandshoes or equivalent for time in field + thongs (optional)
- 3 pairs of socks (if taking sandshoes)
- 3 sets underwear
- 3 sets of clothes for field visitations
- 1 sets of clothes for casual wear (maybe a little bit 'nicer', but still casual)

### **LWD recommends:**

**Females:** Full length or  $\frac{3}{4}$  length loose-fitting pants/skirts, t-shirts or long-sleeved tops (no spaghetti sleeves, revealing tops, or plunging necklines – instead loose fitting), all casual clothing. Very minimal jewellery (simple watch, small earrings, wedding ring, a simple necklace) with little or no make-up.

**Males:** Long loose-fitting shorts/pants and t-shirts/shirts. Very minimal jewellery (watch, wedding ring). You will need shorts/pants past your knees to visit any official sites (e.g. the Royal Palace), or when you go to the temples.

- 1 tracksuit (or jumper and pants) (if you feel the cold, especially in Dec / Jan)
- Sleepwear – shorts and shirt
- 1 broad-brimmed hat or cap, sunglasses, sun cream
- Insect Repellent - strong strength repellent
- Electrolyte Replacement tablets – rehydrate in hot weather (also great for vomiting or diarrhoea!)
- Towel (small quick dry travel towel ideal – takes up very little room)
- Notebook (journal) and pens
- Tissues (travel packs), (or hankies)
- Wet ones (re-seal packs good, with anti-bacterial cleaner)
- Liquid antibacterial hand cleaner (essential)
- 1 roll of toilet paper, individually sealed in a zip-lock plastic bag OR extra tissues if easier for packing
- 2 plastic bags (for dirty shoes or clothes)
- 1 cake of washing soap
- Torch + spare batteries
- Snacks (in luggage) e.g. breakfast bars, dried fruit
- One rain jacket (essential)
- 1 single bed sheet (or sheet-style sleeping bag) – protection from mosquitoes and bed bugs recommended)
- Blow up pillow or travel pillow that folds up small (optional)
- Camera
- Laminated photos of your family / school class (or whatever you want to share – do not show wealth)
- OPTIONAL – For Cambodia Village Schools – ONE decent quality back pack full of school resources (pens, pencils, notebooks or sporting equipment etc.)