

Advisory: New security measures have implemented a minimum 2 hour early arrival for International Travel. Be sure to check your luggage ALL THE WAY THROUGH to your final destination.

TOILETRIES:

Toothbrush and paste/ Mouthwash

Deodorant/Lotions/ Razor if needed

Hair Brush and/or Comb, Gel or Hairspray etc...

Shampoo/Conditioner (seal in zip lock bag)

Soap/ Hand wipes/ Anti-bacterial gel (small to carry in your pocket)

Small Kleenex pack (for places without toilet tissue)

Makeup/ Makeup removers/

***If you carry any liquids on the plane, they must be less than 3oz and be in ziplock bags*

GENERAL ITEMS:

Aspirin, Tylenol, Prescriptions, Imodium AD tablets, Band-Aids, Bug Repellant, Sunscreen, Cap or Hat

Breath mints / Chewing gum / chap stick and nose saline spray for long airplane ride

Camera (extra batteries), Film or memory cards

Hairdryer/ Curling Irons/ Electrical converter / Small flashlight

Few snacks such as Granola Bars, Peanut Butter Crackers, etc.

Small purse or backpack for long field trip days (over shoulder type)

Money belt or other travel case for money, passport, etc....

Clothes (modest; shorts should be knee length or below, no tank tops or spaghetti straps)

Comfortable shoes - flip-flops and some cushioned tennis shoes for lots of walking! Umbrella (smallest size possible)

***Be sure to pack prescription medicines, change of clothes, toothpaste, toothbrush, etc. in your carry-on bag.....some luggage has been known to arrive late!*

CARRY ON BAGGAGE:

You can carry on one bag plus one personal item per passenger as long as it:

Weights less than 40 pounds (18 kg) and does not exceed 45 inches when you total length plus width plus height

Fits easily into our SizeWise unit (approximately 22"x14"x9") or in an overhead bin or underneath the seat in front of you

Examples of personal items:

Male or female purse - Briefcase - Laptop computer - Camera case - Diaper bag

Items of a similar or smaller size to those listed above, such as Portable Electronic Devices.

These additional items are okay to carry on and don't count towards your allowance:

Food items for immediate consumption

Assistive devices such as wheelchairs or crutches, provided passenger is dependent on them

One box or bag of duty free merchandise - A coat or jacket - An umbrella - One item of reading material

(There may be more limits to carry-on baggage based on available space and additional restrictions on certain flights.)

Checked Baggage: (Please check with your Air Carrier. Airlines make changes daily.) Currently you can check two bags and each bag must weigh 50 pounds or less and not exceed 62 inches total length plus width plus height.

***If you bring your cell phone BE SURE to check with your service provider before your trip for per minute charges on calls and text and also any data services such as internet. Some travelers have returned with very large cell phone bills. Inform your family and friends that the internet is not easily obtained in Cambodia and can be very unpredictable when found. Texting is usually the least expensive way to communicate back home.*

*****DO NOT PUT ANYTHING OF VALUE IN YOUR CHECKED LUGGAGE!!**

THIS INCLUDES CAMERAS, COMPUTERS, PHONES, CASH, CREDIT CARDS, ETC...