

Suggested list of items to bring for CAS week, Ratanakiri, Cambodia

- PASSPORT (with at least 6 months validity)
- VISA for Cambodia, not all countries need this, check with your embassy to be sure.
- Spending money in \$USD - (for extra snacks or souvenirs) – Students are responsible for keeping track of their own money. Maximum Recommended amount – 150.00 USD or 400.00 HKD. ALL MONIES MUST BE CHANGED TO USD BEFORE LEAVING HK, THERE IS NO TIME OR PLACE TO SWITCH ONCE IN CAMBODIA.
- A large back pack for all your main gear
- 30 liter (minimum) day pack for trek (must be large enough to hold extra clothes, snacks, water bottle, jacket, etc.)
- Sleeping bag
- Sleeping mat or pad (Please ensure these are the compact version.)
- Appropriate clothes to sleep in
- 2x Large plastic bags for lining/water-proofing trekking packs
- Light-weight trekking / hiking boots or strong soled trail running shoes (ankle support preferable), supportive and well worn in.
- T shirts (3) Light-weight synthetic shirts (Similar to the black kite and PE shirts) are best for the hike as they wick away sweat and dry quickly (**cotton shirts are not recommended**)
- Long sleeve shirts (2)
- Fleece jacket (Polartech 300-weight is ideal)
- Light weight Waterproof shell jacket, NOT a bulky, heavy jacket
- Long pants (2) Light-weight synthetic trousers are best because they breathe well, are comfortable, and are quicker drying once they get wet. **Do NOT bring jeans.**
- Optional – wind and waterproof pants
- Shorts (2)
- Swimwear Lightweight towel
- Old training shoes that are OK to get wet and dirty
- Underwear, Socks (6 pairs) Long socks are best, as socks that dip low on the ankle expose more skin for blisters.
- Warm hat or beanie (optional – Evenings may be a bit chilly)
- Hat or cap for sun protection - MANDATORY
- Wash kit
- Any personal medication/sanitary items
- Sunscreen (Waterproof/sweat-proof and high SPF are recommended)
- Lip Balm/Vaseline for potential chapped lips!
- Insect Repellent (Health agencies recommend brands containing DEET)
- Water Bottle (minimum 2 Litre capacity – camel back hydration systems are appropriate as well)
- Camera (with plastic bag for waterproofing)
- Pen /paper and notebook (Used for CAS exercises and daily reflection)
- Sealable plastic bags for wet kit/ Dry bags
- Head torch or flashlight w/ spare batteries
- Sunglasses
- Optional: High energy snacks (chocolate, raisins, Powerbars), electrolyte drink powder (Pocarisweat)
- DO NOT BRING: Any jewelry or electronic goods that are valuable.