

BIG FIVE
TOURS & EXPEDITIONS

CAMBODIA



The following general outline offers practical information, suggestions and answers to some questions.
It is not intended to be the definitive guide for your trip.



“When you travel, remember that a foreign country is not designed to make you comfortable. It is designed to make its own people comfortable.”

- Clifton Fadiman

Phnom Penh ~ Elevation: 39 feet / Latitude: 11 33N / Longitude: 104 51E

Average Temperature												
°F	Jan.	Feb.	Mar.	Apr.	May	Jun.	Jul.	Aug.	Sep.	Oct.	Nov.	Dec.
	79	81	83	85	84	83	83	83	82	81	80	78
Average Precipitation												
in.	Jan.	Feb.	Mar.	Apr.	May	Jun.	Jul.	Aug.	Sep.	Oct.	Nov.	Dec.
	0.3	0.4	1.4	3.1	5.7	5.8	6	6.1	8.9	9.9	5.5	1.7

WEATHER

The ideal months are December and January, when humidity is bearable, temperatures are cooler and it's unlikely to rain. From February onwards it starts getting pretty hot, and April is unbearably so. The wet season (from May to October), though very soggy, can be a good time to visit Angkor, as the moats will be full and the foliage lush - but steer clear of the northeast regions during those months as tropical monsoons can occur.

TIME ZONES & FLIGHT TIMES

Time Zone: Cambodia is seven hours ahead of Greenwich Mean Time (GMT +7:00).

Flights & Flight Times: There are no direct flights into Cambodia. Closest connecting cities are Singapore Bangkok and Kuala Lumpur, where you overnight before flying into Cambodia. The majority of travelers to Cambodia fly into Pochentong International Airport in Phnom Penh. From London to Phnom Penh takes 12 hours 30 minutes (with a stopover in Bangkok).

DEPARTURE TAX

All U.S. citizens departing Cambodia are required to pay a passenger departure tax, payable in U.S. dollars. US\$20 is levied on international departures at Pochentong Airport; US\$15 for holders of Cambodian passports. Children less than four years of age are exempt. ***This tax must be paid directly, and is, therefore, not included in our charges.***

PASSPORTS & VISAS

Passports: For international travel, a U.S. passport valid for at least six months from date of departure, containing **at least** two blank pages is necessary.

Visas: Visas are necessary for Cambodia and can be obtained upon arrival. Please note that the cost will be US\$20 per person and you will need 2 passport sized photos per person.

Important: Please check your passport prior to travel:

- 1) It is valid for at least 6 months after your travel date.
- 2) You have sufficient blank pages for visa stamps that will be added as you travel in and out of various countries.

Please note: Pages reserved for amendments and endorsements cannot be used for visas.

CUSTOMS IN CAMBODIA

Duty-Free: Passengers 18 years and older are allowed to bring the following items duty free: Tobacco: 200 cigarettes or equivalent amount, Liquor: 1 opened bottle, Perfume: reasonable amount for personal use, Currency: must be declared on arrival

Prohibited Items: All narcotics (hemp, opium, cocaine, morphine, heroin, etc.), firearms, obscene literature, pictures or articles. Like most Asian nations, **penalties for drug trafficking are severe.**

US CUSTOMS

Returning U.S. residents are allowed to bring back \$800 worth of merchandise duty-free. Regulations frequently change. For more information, you can write the U.S. Customs Service, Box 7407, Washington, DC 20044, or go to the homepage for Customs & Border Protection at www.customs.gov/xp/cgov/home.xml.

LUGGAGE

Traveling light is always the first and best rule! We recommend passengers limit their luggage to one medium-sized soft bag per person or two small duffel bags. In this security conscious era, airline luggage restrictions may change without notice. Also, luggage limits vary depending on ticket class, plane size, destinations, etc. It is always best to confirm with airlines for specific limitations.

Generally speaking, from the US, economy class passengers are allowed to check in two (2) normal size pieces of luggage (each piece measuring no more than about 62 linear inches, which means length plus width plus height), and not exceeding 70 pounds per bag.

Scheduled flights from other countries and within foreign countries generally limit luggage to 44 pounds total, plus one carry-on personal item. Further restrictions apply for charter flights. We will advise you of those restrictions in your final documents.

Most airlines now allow only one carry-on bag in addition to one personal item such as a laptop or handbag. Most bags within the 22 x 14 x 9 (or, a total of 45 linear inches) size restriction will be considered legal carry-on size by major domestic U.S. airlines. Many US airlines check-in desks have sizing boxes within which your bag must fit. Obviously, no knives or cutting instruments are allowed in carry-on baggage.

All luggage should have identification inside as well as secure baggage tags on the outside. Please note that the US National Transportation and Safety Board now suggests that you do not lock your checked luggage. If a screener has to open your bag, the locks may have to be broken. This applies to flights within the US and international flights originating in the US. This, however, does not address other international travel issues. We suggest that you lock your luggage and bring a couple of spare locks in the event that one or more are cut off. But the choice is up to each individual traveler to make.

CLOTHING

Proper Attire: Light clothing that is loose-fitting, easy to wash, made from natural fibers is the best clothing for the region. Please be sure to observe appropriate dress codes when visiting religious sanctuaries, buildings, sites, or

palaces, where modesty is the rule. If you are inappropriately dressed, you may not be allowed to enter. Casual clothing is acceptable for tourists, but when visiting special places **do not** wear short shorts, halter-tops, or muscle shirts. Women visitors are not expected to wear skirts, but miniskirts and revealing shorts may often be viewed as 'not polite'.

For December and January, a light jacket is often necessary in the lowlands - more warm clothing may be needed if traveling in the highlands. Most towns have markets where you can buy a warm jacket for a fraction of the price you would pay at home. All Mekong countries sell sarongs of some form or another that can double as scarves, dressing gowns and towels.

Footwear: Bring sandals or slip-ons to take off easily when entering temples, but you will want to bring shoes for mountain climbing or trekking.

Laundry Service: You won't need to bring much clothing because all hotels, no matter how small offer a laundry service or can at least arrange someone to launder your clothes for you. In many cases, this may be done by hotel chambermaids, free of charge. All towns have laundry services and will usually return your clothes to you within 24 hours. Please remember that you should normally wash your own undergarments. The service is inexpensive although the turn around time in many cases will depend upon the weather. No sun means it takes longer for the clothing to dry.

CAMERAS & FILM

Photography in airports, railway stations and near any military installations is forbidden. Use discretion when photographing people, particularly monks. Always ask first. Show respect for the culture and its traditions. Before photographing any religious festival or rural homestead, ask permission. Always ask permission before taking pictures of people as some may find it offensive while others will want to be paid.

Equipment: Bring cameras and lenses you are comfortable using. If you get new equipment before you go, do so as far in advance as possible. Shoot and develop at least a dozen rolls before departure to work out any problems.

Lenses: A combination of fixed and/or zoom lenses with focal lengths from 28 mm to 200 mm is a good for general travel photography, although you can take excellent photographs with only a 50 mm lens. A zoom lens in the 70 to 200 mm range will help you capture the sights. Although guides get you quite close to the animals, avid photographers will want to bring telephoto lenses in the 300-500mm range. A macro lens is helpful for shooting close-ups, but a good set of extension tubes will work very well. A 2x converter is also a handy. Bring a small cleaning kit and blower brush to keep equipment clean. Also, keep equipment covered when not in use to protect it from dust and dirt.

Film: Film is expensive abroad and can be difficult to find. Even those not all that interested in photography will probably shoot one 36 exposure roll of film per day, and enthusiastic shooters will far exceed that amount. Be sure your film is fresh and, when possible, keep it refrigerated or, at least, cool. A film speed of ASA/ISO 64 is an excellent choice for color slide film. Use this speed when possible rather than higher speed films. There is a noticeable difference in quality that it is worth the extra effort to keep your camera steady at a somewhat slower shutter speed than you would otherwise use. For color prints, there are several good choices,

including Kodak and Fuji films (ASA/ISO 100 & 200) for daylight photography, ASA/ISO 400 & 1000 are good for lower light and nighttime situations. * If you are planning to shoot video, be sure to bring plenty of tape and batteries with you. Videotape is not affected by airport x-ray - only magnetic fields or prolonged exposure to heat will damage videotape. Your battery charger should be capable of automatically adjusting to 240 volts, but be prepared with batteries.

Batteries: Put fresh photo-quality batteries in your camera and other electric equipment before you leave. Bring at least two sets of spare batteries as they can be hard to find.

Note: *Recent news reports warn that new explosive detectors used in more than 100 US airports to scan checked baggage will ruin unprotected, unexposed film. This technology will eventually be in place at all airports worldwide. Experts suggest either carrying your film in your carry-on luggage and/or placing film in safety, lead-lined bags to prevent X-ray damage.*

SAFETY

When visiting cities here, as in any country, common sense should be the guiding principle. On outings, take only what's indispensable in your backpack or fanny pack. Do not take your passport, airline tickets, or all your money on day trips. Always leave these items and other valuables in a hotel safe. Take copies of your documents and only the amount of money you think you will need. Lost or stolen passports should be reported to the local police and the U.S. Embassy at 16 Street 228 in Phnom Penh. The Embassy phone number is (23) 216 436, and the Embassy website is <http://phnompenh.usembassy.gov>

Pamphlets addressing safety issues abroad are available from the Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402, or at the Bureau of Consular Affairs' home page (travel.state.gov), or contact the U.S. Department of State, 2201 C Street NW, Washington, DC 20520. (202) 647-4000. Web site: <http://www.state.gov>.

TRAVELERS' ETIQUETTE

You are guaranteed to come up against cultural differences when traveling. People of different cultures think and act differently that we do. Attitudes toward time, business, and politics are governed by traditions and philosophies quite different from Western ideas, some of which are very old indeed. But experiencing different cultures is what international travel is all about.

When traveling, approach people as you would at home -- with an attitude of respect. When visiting national parks, abide by all regulations. This is for your safety as well as the safety of the animals and the habitat. Be considerate of the environment- **never litter.**

HEALTH & MEDICAL CARE

You can get a general antibiotic from your doctor to treat the most common complaints: travelers' diarrhea and upset stomach. Visitors should be in generally good health. Remember to wash your hands frequently or carry along a supply of pre-moistened towelettes.

Vaccinations: *Please check the latest regulations with your local health office.*

Yellow fever certificates are required only for those who are coming from an infected area. Immunization against typhoid is recommended. Polio vaccination should be up-to-date. Following WHO guidelines issued in 1973, a cholera vaccination certificate is no longer a condition of entry to Cambodia. However, cholera is a serious risk in this country and precautions are essential. A cholera epidemic recently occurred in the Rottankiri province in the northeast. Up-to-date advice should be sought before deciding whether these precautions should include vaccination as medical opinion is divided over its effectiveness.

Malaria risk exists all year outside the capital. The malignant falciparum strain predominates and is reported to be highly resistant to chloroquine. Resistance to mefloquine has been reported from the western provinces.

Food & drink: All water should be regarded as being potentially contaminated. Water for drinking, brushing teeth or making ice should first be boiled or otherwise sterilized. Milk is unpasteurized and should be boiled. Powdered or tinned milk is available and is advised, but make sure that it is reconstituted with pure water. Avoid dairy products which are likely to have been made from unboiled milk. Only eat well-cooked meat and fish, preferably served hot. Pork, salad and mayonnaise may carry increased risk. Vegetables should be cooked and fruit peeled.

Other risks: Bilharzia (schistosomiasis) is present. Avoid swimming and paddling in fresh water; swimming pools which are well chlorinated and maintained are safe. Giardiasis, dysentery, typhoid fever and dengue fever are common throughout Cambodia. Hepatitis A occurs, hepatitis B is hyperendemic. Japanese encephalitis occurs in rural areas from May to October and is relatively common in the highlands.

Rabies is present. For those at high risk, vaccination before arrival should be considered. If you are bitten, seek medical advice without delay.

Health care: There are limited emergency services in Cambodia and medical facilities and services are not up to international standards. Doctors and hospitals often expect immediate cash payment for health services. Health insurance is strongly advised during any foreign travel; however, before traveling, you will need to check with your insurance carrier to see if international services will be covered.

Note: If you are on medication, be sure to bring enough for the duration of the trip. Also, ask your doctor for a note detailing the drugs you are taking. For inspections done at Customs, keep all medications in their original containers.

ELECTRICITY

220 volts AC, 50Hz. Power cuts do occur. Large hotels and businesses have generators. Outside Phnom Penh, electricity is often available only in the evenings from 1830-2130.

SHOPPING

Visitors can find silver, jewelry, gems, colorful cloth for sarongs and hats (variegated silks), wood carving, paper maché masks, stone copies of ancient Khmer art, brass and bronze figurines and oil paintings in markets and shops on main avenues. Traditional clothing for both men and women is the krama, a long, narrow checked silk or cotton cloth. Jewelry is generally not up to international standards for design and workmanship, and buyers should use caution

when purchasing gold and gems. The export of antiques is subject to approval of the Ministry of Culture.

Bargaining is essential for all shopping to obtain reasonable prices. Reductions of up to 20 percent are possible.

National Center of Disabled Persons and Wat Than Showroom in the capital city feature a wide range of locally hand crafted products by the Cambodian people with disabilities. Woven, stamped and carved products decorated and designed in unique style are made of silk and cotton fabrics, rattan, bamboo, wood and clays. Customers can choose from their most favorite items on sales such as silk scarves, purses and handbags, clothing, furnishings, and paintings.

BANKING / CURRENCY

The national currency is the Riel. Bank notes come in amounts of 100, 200 and 500. U.S. dollars are widely accepted, and even preferred for larger transactions, and in areas such as Siem Reap, Phnom Penh and Angkor. Also, you may want to take along extra dollar bills.

Exchange: You automatically acquire Riel when paying in US Dollars and receiving the change below one dollar. For a marginally better rate, dollars can be changed into Riel at sidewalk money changers. Currencies other than US dollars can be exchanged at the banks. It's best to bring a sufficient amount of US dollars for the entire duration of your stay.

Credit Cards: not widely accepted within Cambodia, although a number of banks in Phnom Penh accept Visa cards for cash advances.

Travelers' Checks: accepted at banks and major hotels, but usually charge a service fee.

Note: *The only ATM machines in Cambodia require a local account with the bank. Personal checks are not generally accepted.*

BUSINESS HOURS

Bank Hours: M - F from 7:30/8:00a.m. - 2:30/3:30p.m. Some banks open Saturdays (same times).

Private shops: Many shops and stores are open 8:00 a.m. to 9:00 p.m., seven days a week. Department stores are generally open from 10:00 a.m. to 8:00 or 9:00 p.m.

FOOD & DRINK

Rice and fish are the basic food items among the Khmer people. Famous classical Khmer specialty widely enjoyed up to now are: Nhaom (comprised of vinegar, dried fish and herb and vegetable); Kor Kor (normally cooked with fish and a mix of vegetables); Amok (fish cooked in coconut); Samlor Machu (vinegar soup cooked with fish and mixed with a variety of vegetables). Other dishes cooked with pork, chicken, beef are also the main diets.

Chinese and Western menus are commonly available in Phnom Penh, Siem Reap and Sihanoukville.

INTRODUCTION TO CAMBODIA

With ancient temples, empty beaches, mighty rivers, remote forests, and with the exception of Angkor- only a handful of tourists- Cambodia offers impressive natural scenery. The word is out about Cambodia and its rich culture. It has emerged from the decades of war and isolation that made it known for atrocities, refugees, poverty and political instability,

and now Cambodia is drawing travelers by the busload to its magical Angkor temples. Cambodia is back on the Southeast Asian travel map.

COMMUNICATION

Cambodia's official language is Khmer, and this is spoken by the majority of the population. However, Vietnamese and several Chinese dialects can also be heard. Unlike the languages of Thailand, Vietnam, Laos and China, Khmer is non-tonal, but has also picked up and adapted many words from Sanskrit and Pali. Khmer has also borrowed many terms from Chinese and European languages, particularly French.

The roots of written Khmer derive from a South Indian alphabet. It uses thirty-three consonants, twenty-four dependent vowels, twelve independent vowels, and diacritic markers. Vowels may be written before, after, over, or under a consonant symbol. Unfortunately, 50% of the population is illiterate.

Telephone: IDD is available to Cambodia. At present outgoing international calls can not be made. Country code: 855. Phnom Penh code: 23. Prepaid telephone cards are available in post offices, hotels and supermarkets for public phones around Phnom Penh and Siem Reap.

Mobile telephone: GSM 900 and 1800 networks cover Phnom Penh and other main cities.

Fax: Service is available in hotels and Internet shops.

Internet: Internet cafes are available in Phnom Penh and Siem Reap.

Post: Airmail to Europe takes four to five days, and to the USA one week to ten days.

RELIGION & TEMPLES

The state religion of Theravada Buddhism was first introduced to Cambodia during the days of the great Angkor kingdom and prospered. For centuries, monks were the only literate people residing in rural communities, and filled the important role of teachers. However, in 1975, the Khmer Rouge massacred the majority of monks and destroyed most of the temples and it was not until after the Vietnamese invasion that Buddhism was openly practiced.

Angkor Wat: Built to honor the Hindu god Vishnu, is the world's largest religious building. It took some 50,000 artisans, workers and slaves, and nearly 40 years, to complete. The temple forms a rectangular enclosure measuring 1,500 meters by 1,300 meters surrounded by a moat 200 meters wide. The main entryway to Angkor Wat is a paved avenue nearly half a kilometer long, ornamented with balustrades and fringed by artificial lakes.

Inside the outer walls, the structure rises over three levels to a central core topped by five almost pineapple-shaped towers. Virtually every surface in the maze of chambers and courtyards is richly decorated with low-relief scenes of legends, wars and everyday life, enhanced by carvings of nearly 2,000 apsaras, or celestial dancers. The amazing structure as a whole is best viewed in soft light. Somerset Maugham wrote in 1930: "It needs the glow of sunset or the white brilliance of the moon to give it a loveliness that touches the heart."

The Bayon: At the centre of Angkor Thom (literally "Great City"), which forms the heart of the Angkor complex as it is today. This inner city is surrounded by a moat, and

approached at the four cardinal points via huge stone gates and causeways flanked by statues of gods and giants. The Bayon forms a three-tiered pyramid with 54 towers, each dominated by over 200 huge, 4-metre high, mysterious faces facing out to the north, south, east and west. Each mystically serene countenance, with closed eyelids and faint smile, represents a Bodhisattava (fully enlightened being) who delays entry into Nirvana to aid the spiritual development of others.

The structure is rich in decoration, detailing scenes from battles, religious rituals, and everyday life. On approaching from a distance, it resembles a rather formless initially disappointing jumble of stone, but inside, the visitor discovers a maze of galleries, towers and passageways on three different levels. Under the sightless gaze of the ever-present faces, it is here, particularly if alone, that many tourists experience a feeling of profound spiritual awe.

There are several other sites of interest within Angkor Thom, including the Terrace of the Elephants and the Terrace of the Leper King. At its height, the city had a population of nearly one million, and its 9 square km area was comparable in size to anything in Europe at that time.

Ta Promh: If Angkor Wat and the city of Angkor Thom are best known for grandeur and majesty, then to the east, the temple and monastery of Ta Promh wins hands down for sheer dramatic effect. Unlike most other monuments, Ta Promh has been left the way it was originally found. The ancient structure is thus still gripped by massive strangler fig and banyan tree roots ("sponges") giving the feeling of discovering the archeological treasure for the first time. One can relive the emotions of the French naturalist Henri Mouhot when he came across it hidden in the jungle in 1860. At its peak, over 70,000 people, including high priests, monks, assistants, dancers and laborers, populated this vast 600-room monastery. The structure measures 145 by 125 meters and contains a maze of courtyards and galleries, many impassable because of the dense overgrowth of creepers and roots.

Prah Kahn: Another temple that has been left to creeping jungle, with huge trees and multi-colored lichen infiltrating the structure's stone corridors and often gloomy interiors. Although it is not as visually arresting as Ta Promh, this fascinating temple is formed in a cross by a long 200-metre central passageway cut by another wide perpendicular corridor. Both of these have networks of smaller passages, which themselves open to breezeways, courtyards, and rooms of all sizes. Although the central portion is fairly clear, exploring the outer passageways becomes increasingly adventurous with fallen stones, surreal looking tree roots, and tiny apertures leading into almost pitch dark interiors.

Banteay Srei: Approximately 25 kilometers from the main complex, this relatively small 10th century monument in pink sandstone is dedicated to Shiva. Its perfectly proportioned decoration and detail with exquisite sculptures, lintels, and friezes, makes it one of the oldest and most aesthetically beautiful. Almost every surface is a masterpiece of superb detail, each one it seems, more beautiful than the one before.

Phnom Bakheng: Built on the highest hill in the area and offering spectacular views, especially at dawn and sunset, this small but attractive temple makes an ideal start or end to the day's sightseeing, although most tourists congregate here toward dusk

East Mebon Temple & The Baray Lakes: One of the

Khmers' most notable hydrological accomplishments were the West and East Barays, huge, perfectly rectangular artificial lakes covering 14 and 16 square km respectively, and used to irrigate thousands of acres of surrounding farmland. A temple was built in the middle of each lake, and since East Baray was drained, the East Mebon Temple is now easily visited. West Baray (2 km wide & 8 km long) is still filled with water. The boat service is accessible to the west Mebon Temple which is in the middle of the west Baray. East Mebon, however, is a fascinating site, best known for the almost life-size stone elephants on the corners of its tiers. Since each one appears to have been hewn from a single block of stone, the task of carving and transporting such huge pieces must have been tremendous. Smaller stone figures flank the stairways leading up to the central elevated platform. From here, the bed of the lake, now a fertile paddy, stretches below you in every direction.

The Ruluos Group: Lying approximately 10 km from Siem Reap town, is a cluster of three 9th century temples, namely Prah Ko, Bakong and Lolei. Being the oldest in Angkor, and ostensibly the site of the capital at that time, they are interesting in their own right, particularly Bakong, which is the best preserved of the three. Stairways lined with stone lions lead up the five tiers of the pyramid shaped structure, terminating in a sanctuary on top. Eight small sanctuaries also encircle the base, an architectural concept common to many other Angkor temples.

VISITING RELIGIOUS SITES

- Remember to show respect when touring religious sites. For example, each image of Buddha, large or small, ruined or not, is regarded as a sacred object. **Never** climb onto one to take a photograph or do anything that might indicate lack of respect.
- Buddhist monks are forbidden to touch or be touched by a woman, or to accept anything from a woman's hand. If a woman must give anything to a monk, she first hands it to a man, who then presents it.
- You may wear shoes when walking around the compound of a Buddhist temple, but **not** inside the chapel where the principal Buddha image is kept.
- In a Muslim mosque, men should wear hats and women should be well covered with slacks or a long skirt, a long-sleeved blouse buttoned to the neck, and a scarf over the hair. All should remove their shoes before entering the mosque and should not be present if there is a religious gathering taken in places of worship.
- Never point to anything, even casually, with your foot; use your finger instead. When standing or seated, never angle your foot in such a way that it is conspicuous or that the sole is visible. This is considered very rude.

DEALING WITH JET LAG

With the joys and adventures of international travel come certain unavoidable inconveniences such as occasional lost luggage or bouts of jet lag. In fact, studies reveal that as much as 90% of long distance travelers experience a degree of jet lag.

Jet lag describes that out-of-sorts feeling associated with long flights, particularly those across time zones. Symptoms and severity vary but may include drowsiness,

fatigue, irritability, difficulty concentrating, headaches, insomnia, and swelling of the extremities.

The number of time zones crossed affects the severity of jet lag. The internal body clock follows circadian rhythm, which is controlled by the hypothalamus that processes nerve signals. That clock is designed for regular cycles of light and darkness. Depending on the number of time zones crossed, it may take several days for that rhythm to be restored. But that is not the only influence. Other factors include cabin pressure, stale air, lack of humidity, and your overall physical condition at the beginning of your trip.

Although jet lag can not be completely avoided, there are some simple things you can do to help minimize its affects.

Consider the following for your next scheduled trip:

- Start your trip well rested with a good night's sleep prior to departure. Getting adequate rest before starting on your journey will help minimize the amount of catching up you'll have to do when you arrive at the destination. Once home, try to schedule a day of rest before returning to work.
- Drink plenty of fluids -- water and juices will help you to stay well hydrated. Seasoned travelers recommend that you carry a bottle of drinking water with you and drink eight ounces every hour.
- Avoid alcohol and caffeine just before and during flights. Both possess diuretic properties that promote dehydration. Alcohol also causes drowsiness and contributes to feeling sluggish.
- Once settled onboard, reset your watch to the time zone to which you are traveling. This small act helps you begin adjusting to your destination's local time.
- As much as possible, create a dark environment during flight. Studies have shown that bright lights strongly affect individuals' body clocks. If necessary, try eye shades and earplugs to help block distractions and convince your body that it is nighttime. Closing window shades and turning off overhead lights may also help. Sleep on the plane if your flight has an early morning arrival time.
- Wear loose-fitting clothing and comfortable shoes that will help in the event you experience mild swelling. Experienced travelers often bring lightweight slippers to wear during flights.
- Although not always feasible, look for opportunities to walk around while in flight. Do simple isometric exercises (contracting and relaxing as many muscle groups as possible) in your seat. These will improve circulation, help promote increased alertness, and reduce chances of swelling.
- If you arrive in the morning, plan to stay awake. If possible, wait until the local bedtime to sleep. Many people swear that this is key in determining how quickly they adapt to local conditions. You will sleep better and will be less likely to suffer insomnia than if you nap upon arrival.
- During extended stopovers, showers are sometimes available. If you have the opportunity, shower. Pilots report that a shower helps them recover more quickly from the general effects of jet lag after the flight.

CLOTHING / PACKING CHECKLIST

Check the items below to be taken with you on your trip. Additional items may be added in the blank spaces provided. This is not intended as an all-inclusive list, but only as a suggested packing guide.

CLOTHING – WOMEN

- Comfortable outfit for air travel
 - Sandals or casual shoes
 - Walking shoes or tennis shoes
 - Rubber thongs (shower)
 - Hat
 - Windbreaker or jacket
 - Pullover sweater or sweatshirt
 - Long pants *
 - Shorts *
 - Socks
 - Short sleeve shirts *
 - Long sleeve shirts *
 - T-shirts
 - Pajamas
 - Light-weight robe/cover-up
 - Swim-suit/cover-up
 - Casual slacks/skirt
 - Blouses
 - Belt(s)
 - Underwear
 - Scarves
 - Costume Jewelry
-
-

CLOTHING - MEN

- Comfortable outfit for air travel
 - Sandals or casual shoes
 - Walking shoes or tennis shoes
 - Rubber thongs (showers)
 - Hat
 - Windbreaker or jacket
 - Pullover sweater or sweatshirt
 - Long pants *
 - Shorts *
 - Socks
 - Short sleeve shirts *
 - Long sleeve shirts *
 - T-Shirts
 - Pajamas
 - Light weight robe/cover-up
 - Swim trunks
 - Casual slacks
 - Shirts
 - Belt(s)
 - Underwear
-
-

TOILETRIES

- Anti-malarial pills
 - Vitamins
 - Aspirin/Tylenol
 - Motion sickness pills
 - Short-acting sleeping pills
 - Decongestant
 - Antibiotic
 - Lomotil / Pepto-Bismol
 - Antacid
 - Antibiotic ointment
 - Insect repellent
 - Sun screen/Sun block
 - Lip balm
 - Shampoo & Conditioner
 - Prescription medications
 - Band-Aids
 - Deodorant
 - Toothpaste & toothbrush
 - Feminine Hygiene supplies
 - Dental floss
 - Mouthwash
 - Hairbrush/comb
 - Razor
 - Q-Tips/cotton balls
 - Nail clippers
 - Nail file
 - Tweezers
 - Make-up
 - Hand lotion
-
-
-

CAMERA EQUIPMENT

- Camera/Lenses
- Plenty of film
- Lead Protective Film Bags
- Camera bag
- Lens filters
- Cleaning Fluid/Tissues
- Lens Brush/Puffer
- Extra Batteries/Charger
- Flash & Flash batteries
- Zip-lock bags
- Camera instruction book
- Stick-on labels for film
- Video Camera/Charger
- Blank video tapes

SUNDRIES

- Passport
- International Certificate
- Vaccinations-Health Card
- Airline tickets/vouchers
- Money Pouch
- Credit Cards
- Travelers Checks
- Small calculator
- Sunglasses
- Prescription glasses
- Eyeglass case
- Small Alarm Clock
- Converter/plug set
- Binoculars
- Small flashlight
- Sewing kit
- Small scissors
- Kleenex
- Handi-wipes
- Zip-lock bags
- Travel clothes line
- Pillowcase for dirty clothes
- Small notebook or journal
- Pen
- Deck of cards
- Books/Magazines
- Address book for postcards
- Photocopy of passport and airline tickets
- Hard candy
- Bandana
- Extra sm. Collapsible bag
- Neck pillow for airline travel

OTHER

*Clothing should be comfortable