



CAMBODIA

FIELD GUIDE



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LIFE IN THE FIELD





Academic Foci

Cambodia

- The center abuts the ancient ruins of Angkor Wat, Kulen National Park, and the Tonle Sap Lake.
- Known as the rice bowl of Asia, the Mekong River basin is the 2nd most diverse river in the world with over 1,200 fish species (560 of which are endemic), Irrawaddy dolphins, and giant freshwater stingrays.
- Unfortunately, over 300 of these species are globally threatened, and proposed plans for hydroelectric dams could put additional pressure on the environment and lead to food insecurity for the millions of people who rely on this river.

Thailand (Summer 2)

- The Bring the Elephant Home project is located in the small village of Ruam Thai near Kuiburi National Park.
- The border between Thailand and Myanmar houses one of the largest remaining populations of Asian elephants. However, due to illegal logging, expanding farmland, and frequent forest fires these elephants are being forced to move into urban areas in search of food and water. This has led to increasing human-wildlife conflict and necessitates innovative solutions that work for both the local communities and the dwindling wild elephant populations.
- Thailand is home to Asian elephants, gaur, banteng, an abundance of bird species, and much more.

SEMESTER: ENVIRONMENTAL JUSTICE AND MEKONG ECOLOGIES

Environmental ethics and justice. Local livelihoods and rural development. Indigenous rights. Asian elephant ecology, welfare, and conservation. Protected areas and threatened ecosystems. Community conservation strategies. Natural resource governance.

SUMMER 2: ELEPHANTS OF SOUTHEAST ASIA

Asian elephant ecology, behavior, welfare, and health. Human-elephant interactions and conflicts. Wildlife management policies and conservation strategies.

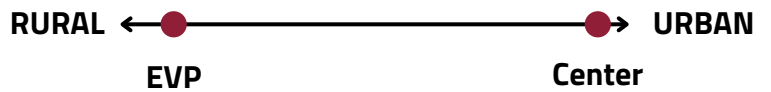
Each program combines theory learned in the classroom alongside field-based applications. Time in the classroom is structured to give students a solid understanding of environmental history, theory, and conservation techniques before deploying their knowledge or specific techniques in the field. All classes are taught in English.



Setting and Facilities

Cambodia

The center lies in a bustling tourist city. The Elephant Valley Project (EVP) is located in small, scenic town.



SIEM REAP	SEN MONOROM	PHNOM PENH
20-minute walk from center	Local town for EVP	5.5-hour drive from center
Population ~140,000	Population ~13,000	Population ~2,300,000
Home to Angkor Wat. Doctors, pharmacies, libraries, hotels, restaurants, post office, markets, and lively nightlife scene.	Restaurants, cafes, hotels, and local clinic.	Capital city and largest city in Cambodia. Same amenities as Siem Reap but on a grander scale.
CENTER: HOUSING		CENTER: OTHER FACILITIES
Five rooms, 2-4 people per room in twin bunk beds. Shared desk and shelving. Air conditioning in each room.		Common room with TV, couches, and games.
En-suite bathroom with shower (cold water) and western-style toilet.		Two washing machines (detergent provided). No dryers, clotheslines only.
EVP: HOUSING		EVP: OTHER FACILITIES
Five rooms, 4 people per room in twin beds. No AC, WIFI, cell reception, or personal storage areas.		Common area with lounge, dining area, and staff kitchen.
Shared bathrooms with showers (cold water) and western-style toilets are a short walk away from rooms.		Students can pay to do laundry in town for \$1-2 USD per kilo.

Thailand (Summer 2)

Homestays and guesthouses in town of Ruam Thai.



RUAM THAI	BANGKOK
Local town	4-hour drive
Population ~1,000	Population ~10,720,000
ATM and basic medical facilities.	Capital city of Thailand. International airport and advanced medical care.
HOMESTAY OR GUESTHOUSE	OTHER FACILITIES
One room, 2 people per room in twin beds. Shared storage areas.	Laundry can be done in town for approximately \$1 USD per pound.
May have private or shared bathroom with showers (may have cold or hot water) and western-style toilets.	



Campus Policies



CURFEW, SIGN-OUT LOG & BUDDY POLICY

Because center locations are often unfamiliar to students, policies including nightly curfew, sign-out logs, and a buddy system help keep students safe.



CHORES

There is no cleaning service at the center, so students are expected to take responsibility for their space. Students will help set up/clean-up for meals and engage in center-wide clean-ups. Specific chore responsibilities will be shared during orientation.



ALCOHOL & OTHER DRUGS PROHIBITED

Students who consume alcohol during non-program time need to do so in moderation and maintain respectful behavior toward others.

SFS does not allow possession or use of any medications or substances that are illegal in the U.S. or host country for the full duration of SFS programs including free time and weekends away. Check local laws before possessing, purchasing, or using e-cigarettes or vaping devices on program.



NO VISITORS

Students are obligated to stay at the center during program time. No non-SFS members are allowed on campus without center staff approval. If family or friends are planning on visiting have them do so during program breaks or coordinate with the center director for approval. Time off during program time to spend with guests is limited.



TIME OFF IS LIMITED

Students will have highly structured schedules on weekdays and Saturdays with Sundays generally free to spend at the center or in town. Attendance is required for all activities including multi-day trips that may fall on the weekends. Semester students will be given 1-2 multi-day breaks. Travel to neighboring regions is not permitted due to visa restrictions. Additionally, certain regions during time off may be prohibited based on risk levels or center policies.

Students are responsible for food and accommodations during non-program time. Students are not allowed to stay at the center during weekends off. See page 13 for estimated costs.



Community Interaction

Students primarily live at a center rather than a homestay, local apartment, or university dorm. This means they will not navigate the local culture, cuisine, or language every day. However, meaningful research is only possible with the input of local people, so community engagement and Directed Research projects vary each term to reflect the requests of our partners. Some examples of past outreach initiatives include planting trees, working in community gardens, and outreach at schools. Students may also experience a home stay in which amenities may not include indoor plumbing, A/C, WIFI, electricity, etc.



Food

SFS can support most dietary needs, but the variety of food will be extremely limited due to local availability and cost. SFS cannot accommodate life-threatening shrimp, fish, peanut, or soy allergies or strict Halal or Kosher diets. Meals repeat every week, so SFS always recommends bringing vitamins, protein bars, nuts, favorite snacks, etc. Off-campus, vegetarian, vegan, gluten-free, and allergen-free diets may be difficult to accommodate.

Cambodia

Meals may include stews, curries, soups, stir-fries, omelets, and pasta. Fish, shrimp, ginger, and lemongrass are common ingredients. Snacks may include coffee, smoothies, fruits, nuts, toast, granola bars, and cookies.

Thailand (Summer 2)

Meals are predominately vegetarian and often include rice, rice noodles, tofu, and pineapple. Snacks may include fruits, nut bars, and other local treats.



Climate

Students will be exposed to high heat and humidity and mud and mold. The wet season runs May - November. Days are hot with daily rainstorms. Average temperatures during the wet season range from 75-94°F. The dry season runs December - April. Average temperatures during the dry season range from 71-95°F, but temperatures often soar over 100°F.



Money

The local currency is the Cambodian Riel (KHR) and U.S. Dollar (USD). Summer 2 students will also use Thai Bhat (THB).

Cambodia and Thailand (Summer 2) are primarily cash-based economies. However, all students are required to bring a credit/debit card with at least \$3,000 in funds in case of emergencies. Mastercard and Visa are the most commonly accepted cards internationally. Notify banks about international travel.

Students need to bring at least \$300 USD in small bills (\$1-\$50 bills) to start (see page 13). Students do not need to obtain KHR. Staff will assist Summer 2 students in exchanging USD for THB. When bringing USD to exchange, travel with bills in excellent condition (clean, unwrinkled, unmarked, with no tears). Students will have access to ATMs in Siem Reap and Bangkok (Summer 2).



Exercise

The Cambodia center has basic weights, yoga mats, and jump ropes. Students can join a gym in town for approximately \$50 USD per month. At the Elephant Valley Project, there are only yoga mats available. In Thailand (Summer 2), there are paths nearby for walking or running with a buddy.



Considerations

Language: In Cambodia, Khmer is the official language. Locals have basic to advanced knowledge of English depending on the region. In Thailand (Summer 2), Central Thai/Siamese is the official language. Locals have little to intermediate knowledge of English. Students without basic Khmer or Thai/Siamese (Summer 2) may find interactions with locals limited. Most of students' time will be spent with their cohort, so do not expect to practice the local language daily.

Culture and Diversity: In Cambodia, 96% of people identify as Asian, of which 90% are the Khmer ethnic group, 5% Vietnamese, and 1% Chinese. 93% are Buddhists. In Thailand (Summer 2), 99% identify as Asian with 70+ ethnic groups. In both countries, beauty products, lotion, and sunscreen may contain whitening agents. In Cambodia, conservative dress is required off-campus. In both Cambodia and Thailand, students must take off their shoes before entering buildings.

Physical Readiness: Students must walk/stand for up to 3 hours at a time. During overnight trips, students will sleep in remote field environments with limited amenities.

Hazards: Heat and humidity, snakes, spiders, scorpions, insects, stray dogs, monkeys, drowning, etc.

Travel: Students will frequently travel long distances by car. Students may also travel by boat throughout the program.



Electricity

The electrical voltage in Cambodia is 230 and in Thailand (Summer 2) is 220 (the U.S. uses 120). Check all electrical devices to see a voltage converter is needed. Cambodia uses plug types A, C, and G, and Thailand (Summer 2) uses types C and O (the U.S. uses A and B). All U.S. students should bring plug adaptors.



Internet

Wireless internet is available at the Cambodia center and some of the Thai homestays/guest houses, but it can be slow and frequently unavailable. No WIFI is available at the Elephant Valley Project. SFS reserves the right to limit internet activities occurring on our servers including, but not limited to, streaming or downloading audio/video content (Facetime, Netflix, etc.).



Computers

Students must bring laptops with Microsoft Office (or the ability to open Microsoft files offline) and a USB port (or USB adapter). Electronic devices are subjected to a much harsher environment than normal, which may cause malfunction. In particular, Apple products do not fare well in high humidity, and there are no nearby Apple stores. All devices are difficult to repair or replace locally, so please take extra precautions.



Phones

Students are provided local phones and/or local sim cards in Cambodia and Thailand (Summer 2). Staff strongly recommend that students arrive with unlocked phones. Students are given enough credit on their phones to communicate with staff and peers. Additional credit will be needed for optional international calls or students can use Wi-Fi based options.



Mail

No packages can be sent to the center. Letters can be sent, but the Cambodian postal system is slow and unreliable. Do not send any medications by mail. The average one-way travel time for airmail from the U.S. to Cambodia is 2-4 weeks. Therefore, no mail can be sent the last month of the Semester programs or during the entirety of summer programs, as students will not receive it! Mail will not be forwarded.

Address: Student name, Student's local phone number, The School for Field Studies, P.O. Box 93284, Siem Reap Post Office, Siem Reap, Cambodia, 171202



Sample Schedule

This schedule is a sample; no week will follow it exactly. Programs typically begin with long classroom days and transition into more fieldwork later on. Final schedules are provided upon arrival and are subject to change, including the day-of, due to weather, availability, and factors outside of SFS' control. Flexibility is essential.

All events are mandatory. We respect religious and cultural observances, but because of our cohort-based field programs, accommodations (schedule changes, special meals, personal observance time, etc.) may be limited. Communicate any anticipated needs with SFS in advance to discuss any feasible arrangements.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
<p>Free time at the Center/ In Town (Laundry, Homework, Relaxation)</p> <p>At the center, students will prepare food for themselves during days off. On expeditions, students may be asked to buy food for themselves on their days off. See Page 13 for budgeted costs.</p>	7-8:15am Breakfast and Morning Meeting	7-8:15am Breakfast and Morning Meeting	7-8:15am Breakfast and Morning Meeting	7-8:15am Breakfast and Morning Meeting	5-6am Breakfast and Pack Lunch	5-6am Breakfast and Pack Lunch		
	8:30-9:30am Language & Culture of Cambodia - Lecture	8:30-9:30am Language & Culture of Cambodia - Lecture	8:30-9:30am Environmental Ethics & Development - Project	8:30-9:30am Environmental Ethics & Development - Lecture	<p>6am-5:30pm Field Trip w/ Lunch in the Field</p> <p>Field trips can be any day of the week and occasionally last multiple days.</p>	<p>6am-5:30pm Field Trip w/ Lunch in the Field</p> <p>Field trips can be any day of the week and occasionally last multiple days.</p>		
	9:30-10:30am Conservation Science & Practice in Cambodia - Evaluation	9:30-11am Conservation Science & Practice in Cambodia - Lecture	10am-12pm Field Trip	9:30-10:30am Free time at the Center				
	10:45am-12:15pm Ecosystems & Livelihoods - Lecture	11am-12:30pm Community Engagement		10:30am-12:30pm Ecosystems & Livelihoods - Lecture				
	12:30-1:30pm Lunch	12:30-1:30pm Lunch	12:30-1:30pm Lunch	12:30-1:30pm Lunch				
	2-4pm Environmental Ethics & Development - Lecture	1:30-2:30pm Ecosystems & Livelihoods - Lecture	1:45-4:15pm Ecosystems & Livelihoods - Lecture	1:30-4pm Conservation Science & Practice in Cambodia - Guest Lecture				
	4:30-5pm Optional Kickboxing	3-4:30pm Environmental Ethics & Development - Lecture	4:15-5pm Free time at the Center/ In Town	4-6pm Field Trip				
	5-6pm Free time at the Center	5-6pm Health & Wellness Activity	5-6pm Dinner					
	6-7pm Dinner	6-7pm Dinner	6-7:30pm Optional Frisbee	6-7pm Dinner			6-7pm Dinner	6-7pm Dinner
	7-10pm Free time at the Center/ In Town	7-10pm Free time at the Center/ In Town	7:30-10pm Free time at the Center/ In Town	7-10pm Free time at the Center/ In Town			7-9pm Free time at the Hotel	7-11pm Free time at the Center/ In Town
10pm Curfew	10pm Curfew	10pm Curfew	10pm Curfew	10pm Curfew			9pm Curfew	11pm Curfew

- Meals and Announcements
- Free Time
- Community Engagement
- Classroom Time
- Field Work
- Curfew



Health & Safety in the Field



24-Hour Emergency Hotline

SFS maintains a 24-hour emergency hotline. To urgently contact a student in the field, call 978.219.5113.



Student Health & Wellness Manager

The Student Health & Wellness Manager is a full-time primary medical responder and student support personnel on campus. They are certified in Wilderness First Response, or an equivalent certification, and trained in sexual assault first response. They also counsel students on life abroad, conduct risk assessments, attend medical appointments, and help coordinate program logistics.



Orientation

Prior to departure, SFS requires attendance at a pre-departure orientation focused on essential aspects of the program. Students must also research the inherent risks associated with traveling abroad and cultural considerations themselves. Upon arrival to campus, students receive an additional orientation about the local community and culture, center operations, and relevant risks.



Medical Care

SFS maintains detailed risk assessment and management plans. If a medical care facility visit is needed, staff will accompany the student to the appointment. There may be times when medical care is delayed. Students are responsible for all medical costs and all incidental expenses related to injury, illness, or quarantine incurred by any party involved, including but not limited to transportation, accommodations, etc. Some medical conditions may necessitate medical withdrawal from the program. Final decisions on medical withdrawals are made by SFS. See the Health and Safety Guide for more information.



Mental Health Support

Adjusting to new environments while away from usual support systems is challenging. While abroad, there is decreased communication with home, limited privacy, and fewer opportunities for exercise. Many students find the rigorous schedule of SFS programs and the rare opportunities for alone time overwhelming.

SFS is partnered with Telus Health ([My SSP website](#)) to provide students with access to free, mental health and wellness support via WIFI. My SSP is a supplemental resource, and students should work with their mental health provider to create a primary support plan while abroad. See the Health and Safety Guide for more information.



Identity

Each country is shaped by its history, and therefore attitudes towards gender, sexual orientation, ethnicity, and religion can differ greatly. What seems like discrimination may simply be curiosity. Students should research how their identity might be perceived in a new context.

Studying abroad is a privilege, and it is not our students' place to change the host country's culture or values. SFS campuses are permanent fixtures and home to staff year-round. As representatives of SFS and students' own countries, behavior that is disrespectful, illegal, or contrary to cultural norms can degrade the relationship with the community.



Sexual Health & Wellness

Please consider:

- The ramifications that a short-term relationship may have on a small residential campus or within the local community.
- Access to protection, medication for sexually transmitted infections, and emergency contraception may not be available.
- The current dialogue and understanding of consent in the U.S. does not always apply in other cultures.
- If anyone feels subjected to sexual harassment, they should walk away from the situation without concern for being culturally inappropriate. They can report harassment or assault to any staff member.
- In the case of a sexual assault, SFS provides support to students including access to medical care and support systems and the option to report to law enforcement. However, local laws and limited availability of resources such as rape kits can complicate reports of sexual harassment or sexual assault in foreign countries.



LGBTQIA+

SFS welcomes all students at our centers, but recommends students know the following when traveling:

- Laws and social customs of other countries may criminalize same-sex relationships or certain gender expressions.
- Travelers may experience discrimination and harassment when traveling.
- Some cultural practices are based on traditional gender roles. As a result, when traveling, students might be misgendered.
- Some languages are gendered, resulting in a lack of terms that encompass non-binary and gender-neutral identities.
- In other countries, health services specific to transgender people may be limited or unavailable.
- In some situations, it is not possible to use preferred names or genders (visa paperwork, plane tickets, hotel reservations, and government sites). Gender X is not recognized worldwide, and students may need to provide binary sex information. See the LGBTQ+ Resource Guide for more information.



**PREPARING FOR
DEPARTURE**





Program Costs

The relationship SFS has with students' schools will determine the billing process. Within a week of acceptance, students or their schools will be required to pay a non-refundable deposit to reserve their spot. Afterward, we will reach out to students or their schools to collect tuition payments. Up-to-date costs and refund policies can be found [here](#).

Included in SFS program costs are program advising and orientations, tuition and research fees, airport transfers, housing and meals during program time, field excursions and cultural activities, official transcript processing, and evacuation and 24/7 support in case of emergencies.

PROGRAM	BILLING DEADLINE
Spring	November 1st
Summer 1 or 1+2	April 1st
Summer 2	May 1st
Fall	June 1st

BASIC COSTS (BILLED BY SFS)	SEMESTER	SUMMER 2
Tuition	\$19,425	\$4,950
Room & Board	\$5,125	\$2,000
BASIC PROGRAM COST	\$24,550	\$6,950
ADDITIONAL COSTS (ESTIMATED, ACTUAL COSTS MAY VARY)		
Airfare	\$2,000	\$2,000
Passport	\$200	\$200
Visa fees (if applicable)	\$120	\$35
Immunizations/Medications	\$800	\$500
Personal Expenses	\$600	\$600
Program Breaks - Accommodation & Food	\$400	\$300
ESTIMATED ADDITIONAL PROGRAM COSTS	\$4,120	\$3,635
TOTAL PROGRAM COSTS (BASIC + ADDITIONAL COSTS)		
ESTIMATED TOTAL PROGRAM COST	\$28,670	\$10,585



Financial Aid

All students are encouraged to apply for SFS financial aid. Financial aid applications are reviewed on a rolling basis starting in February for summer programs, April for fall programs, and September for spring programs. Early submissions are welcome. Students who submit an SFS financial aid application by the payment deadline will be considered for our full range of aid options. Learn more [here](#).



PASSPORT

Students must have a passport in hand four months prior to departure that is valid 6 months after arrival to Cambodia or 6 months after arrival to Thailand (Summer 2).



VISA

Cambodia

Students' Cambodian Ordinary type E-visas will be applied for and granted 1 month before the program start date. E-visa instructions will be given upon acceptance and supporting documents will be sent 1 month before the program start date. Cambodian Ordinary type E-visas cost \$35 USD and last 30 days. Visa costs are the responsibility of the student, and prices are subject to change. Staff will assist semester students to extend their visas for an additional cost while on program.

Thailand (Summer 2)

U.S. citizens do not need currently a Thai visa for travel under 30 days. Students may be asked for proof of onward travel or sufficient funds in order to receive the visa waiver upon arrival. Nothing needs to be done for the waiver pre-arrival.

Non-U.S. citizens may require a different visa process and are responsible for applying for, obtaining, and paying for their own visa(s) valid for the duration of their program. If traveling before or after the program, students should make sure that the visa(s) will remain valid for their entire stay.

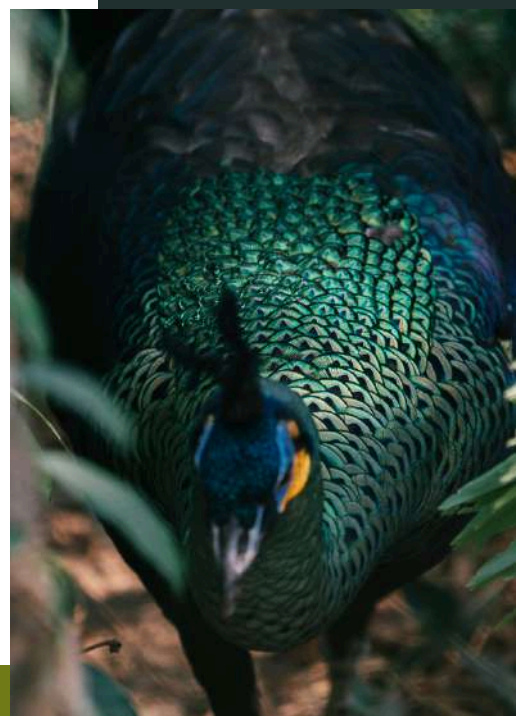


FLIGHTS

Students are responsible for the cost of flights to and from their program. Students will receive travel instructions at least 2 months prior to the start of their program. Do not book flights before receiving these instructions.

SFS staff will meet students at the airport on the date and time specified in the airport instructions and transport them to the center. Students will receive airport instructions 1-2 weeks prior to the start of their program. If students are traveling before or after the program, they are responsible for meeting the group at the airport at the designated date and time. Additionally, SFS is not responsible for transporting or storing luggage before or after the program.

SFS is not responsible for reimbursing travel expenses for programs canceled or rescheduled due to acts of war or civil unrest, strikes, weather, quarantine/epidemics/sickness, government regulations, or failure of equipment, power, or communications.





Medical Requirements



Medical Approval Process

Students are required to complete the SFS medical approval process. The review is not meant to exclude, but to inform and allow support systems to be put in place. No student may enter the field until medical approval is granted by SFS. See Medical Review Guide for more information.



Vaccinations & Medications

Required

- Malaria prophylactic medication (valid for entire program dates with pre- and post-exposure dosage)

Recommended

- [Centers for Disease Control](#), travel clinics, or medical providers can provide further recommendations.



International Health Insurance

Students are required to buy international health insurance. Students will receive international health insurance requirements upon acceptance to their program. Keep in mind most companies reimburse medical costs, so students need an emergency credit card/debit card with at least \$3,000 USD to pay for medical expenses upfront.

All students are enrolled in an emergency evacuation and repatriation insurance plan through American International Group, Inc. (AIG) for the duration of their program only. This is supplemental insurance to students' own comprehensive health insurance outlined above. See Medical Review Guide for more information.



Accommodating Disabilities

SFS works with students, schools, and physicians to determine required accommodations and whether they can be safely and reasonably maintained on program. We strive to meet students' needs, but due to the remote nature of programs, there are varying levels of accessibility. Questions regarding health or learning accommodations can be directed to the Office of Student Affairs or the Office of Academic Affairs respectively.



PACKING GUIDE





Packing Considerations



Luggage

For semester students, SFS does not have a specific policy regarding how much or what type of luggage students bring, however, students will be sharing a room, and there is limited space to store belongings. We recommend backpacks over wheeled luggage as the Elephant Valley Project does not have a paved driveway.

For summer students, SFS limits luggage to one large backpack and one small backpack per student. Summer students cannot bring hard-sided suitcases. SFS recommends that the weight of the two backpacks does not exceed 55lbs.

Bring only what can be maneuvered oneself and check with all airlines for luggage restrictions and fees.



Culture & Climate

Many students bring old clothes to wear and leave behind at the end of the program. Do not bring anything that cannot be damaged! Many items can be bought locally, but not field supplies.

Around the center, while exercising, and in urban areas

Loose T-shirts or Tank tops that cover shoulders, back, and waist. Shorts/Skirts/Dresses must be knee-length. Non-revealing swimsuits (one or two piece).

Rural areas, religious sites, or during field trips and guest lectures

Shoulders blades, knees, and everything in between needs to be covered. Leggings are discouraged outside of exercising and must be worn with shorts or a long shirt overtop.

While packing, consider the impact of the products brought to the program, both the ingredients and packaging. Plastic can be difficult for waste management in remote environments. Think about bringing a reusable tote, metal straw, cloth napkins, etc. We also highly encourage biodegradable soaps, shampoos, and conditioners.





Required Packing

- **Pants** Loose, lightweight blends that dry quickly. 2+ pants for hot, dirty field work and 1+ loose-fitting pairs for non-field time. Leggings are discouraged outside of exercising and must be worn with shorts or long shirt overtop. Jeans are not recommended due to the heat.
- **Shorts/Skirts AT LEAST KNEE LENGTH.** Anything shorter requires leggings underneath.
- **T-shirts** 3+ loose-fitting shirts for the field and 1+ for non-field time. **NO SPAGHETTI STRAPS, CROP TOPS, OR LOW-CUT NECKLINES ALLOWED OUTSIDE CENTER.**
- **Long-sleeved shirts** 1+ light-weight fabric shirts for working in the field and protecting against sunburn.
- **Casual/nice clothes** for going into town. **NEED TO COVER SHOULDERS, WAIST, AND KNEES.**
- **Waterproof rain jacket or poncho (REQUIRED FOR FALL AND SUMMER PROGRAMS, RECOMMENDED FOR SPRING)** Can buy locally, but local sizes are typically smaller.
- **Underwear** Opportunities for laundry are limited, so bring a good supply. Recommend lightweight moisture-wicking synthetic (not cotton).
- **Socks** 3-4 pairs of lightweight moisture-wicking synthetic (not cotton) hiking socks and a few pairs of normal socks.
- **Pajamas** appropriate for shared spaces.
- **Sun hat and sunglasses**
- **Hiking boots (REQUIRED FOR SPRING PROGRAMS)** over the ankle.
- **Sneakers/casual shoes** It is common practice to remove shoes when entering a home or living space. Bring shoes that are easy to take on and off
- **Sport sandals** Keens/Chacos/Texas.
- **Flip-flops or shower shoes**

- Sheets, blanket, pillow, and towels provided.
- **Towels** 1 towel to use during travel. Quick dry towels only! Can buy locally.
- **Toiletries** basic items can be bought in town but bring enough for at least 2 weeks. Preferably biodegradable.



- **Record of immunizations and Health history**
- **Personal first-aid kit** consider anti-itch creams, Neosporin, Bacitracin, Tylenol, Ibuprofen, Pepto Bismol, Band-Aids, Tape, Tweezers, Nail clippers, Antihistamines, Pro-biotics, Antidiarrheals, Vitamin C, Cold medicines, Immune boosters, Hydration salts/Liquid IV, etc.
- **Prescriptions** Overseas prescriptions are not always accepted. Bring adequate supplies of prescription medications to last the duration of the program alongside doctors' prescriptions to avoid customs delays. Think about inhalers, allergy medication, contacts/glasses, etc.
- **Period care** Students can buy pads in town, but tampons are difficult to find. We encourage environmentally friendly or biodegradable options.

- **Computer** that can open Microsoft Office documents offline and has a USB port or USB adapter.
- **Plug adaptors**
- **Headlamp or flashlight** Rechargeable recommended. Headlamps preferred to keep hands free.
- **Day pack** small backpack suitable for taking gear into the field. 10-15L recommended.
- **Weekend bag** to bring on overnight field excursions or weekends off. 35-55L recommended. Hard-sided suitcases cannot be used for field trips and must remain at the center.
- **Notebooks and Pens/Pencils** Can buy locally. Fall and summer students should consider Rite-in-the-Rain materials.
- **Water bottles** 2+ bottles with 1L capacity each. Alumni recommend small tops to avoid spills when traveling and at least one portable water bottle. Can buy locally.
- **Utensils** Fork and Spoon for field trips
- **Insect Repellent** 1+ bottles. Can buy locally.
- **Sunscreen** 1+ bottles. Can buy locally but can be expensive or contain whitening agents.



Optional Packing

- **Purse/tote bag** for town. Strongly recommended.
- **Swimsuit** non-revealing one or two piece. Strongly recommended as there is a pool on campus.
- **Small clothing repair kit** Strongly recommended.
- **Laundry bag**
- **Water-proof daypack cover** Strongly recommended for Fall and Summer programs..
- **Dry bags or sturdy plastic bags** Gallon-sized Ziploc bags work well. Strongly recommended for Fall and Summer programs..
- **Umbrella** Can buy locally.
- **Pocketknife** Checked luggage only. Can buy locally.
- **Duct tape** Can buy locally.
- **Hammock** Can buy locally.
- **Rain boots** Strongly recommended for Fall and Summer programs. Students are encouraged to bring their own, however the center has several pairs for student use. Students with large or small feet may not find options at the center. Lightweight, shin-high boots with good tread are best.
- **Journal** Can buy locally.
- **Snacks, Drink powders, and Dietary supplements** Any favorites.

- **Games, Movies, Books, and Crafts**
- **COVID-19 Tests and Masks** for personal use. Recommended as local supply may vary. Masks can also be useful for dusty roads.
- **Motion sickness medication/Dramamine/Ginger chews** preferably non-drowsy.
- **Earplugs and Eye mask**
- **Baby wipes and Hand sanitizer** for public bathrooms. Can buy locally. Strongly recommended
- **Camera**
- **Surge protector**
- **Voltage converter** if needed for electronics
- **HDMI Adapters** for movie nights and presentations.
- **Flash drives or External hard drive** for storing pictures and transferring documents when WIFI is out. Strongly recommended.
- **Headphones and/or Bluetooth speaker** Alumni recommend noise-canceling headphones.
- **Waterproof cases for electronics and silicone packets** (or some water-absorbing equivalent).
- **Extra batteries and External battery packs**
- **Binoculars** Preferably 8 x 40 but anything in the 6 x 30 to 10 x 40 range is fine. Strongly recommended.



Contact Us

Keep up with SFS Follow us on Instagram [@theSFS/@theSFS_cambodia](#), read [news from the field](#), and find the [full list of the SFS team bios here!](#)

Questions about billing? Billing@fieldstudies.org

Deposit payments, invoices, billing deadlines, financial aid packages, and loan paperwork.

Questions about health and safety? StudentLife@fieldstudies.org

Medical paperwork, immunizations, managing medical conditions, and dietary needs and preferences.

Questions about academics? Academics@fieldstudies.org

Learning accommodations, syllabi, and directed research.

Questions about admissions or enrollment? Admissions@fieldstudies.org

Which program is the best fit, application materials, and travel and visa logistics.