



CAMBODIA

FIELD GUIDE

Table of Contents

LIFE IN THE
FIELD

3

HEALTH &
SAFETY

10

PROGRAM
COSTS

13

MEDICAL
REQUIREMENTS

15

CONTACT US

19

4

THE CENTER

12

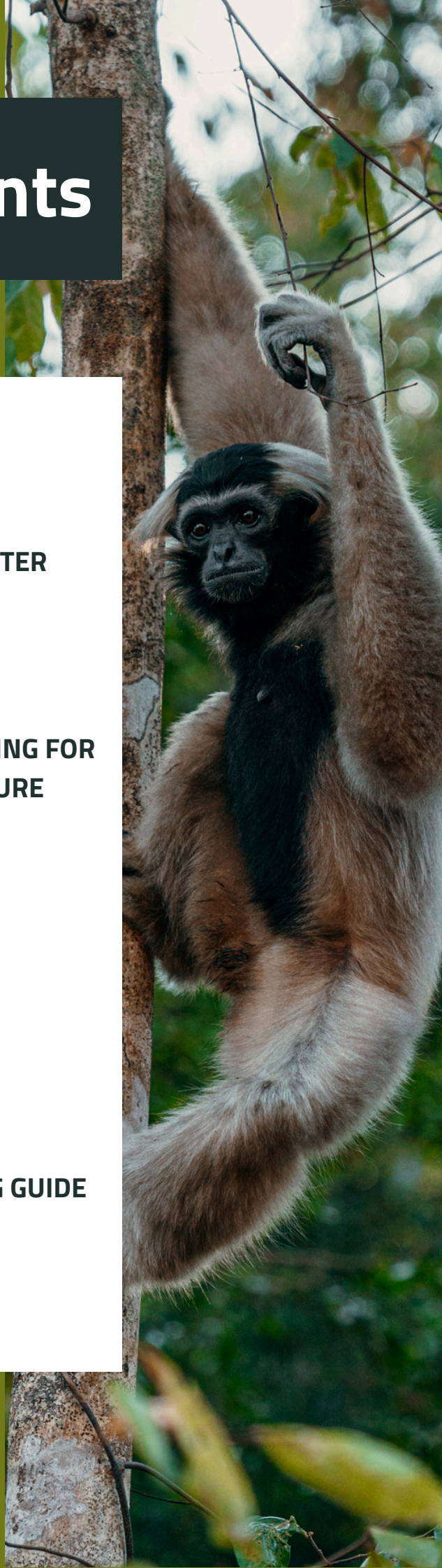
PREPARING FOR
DEPARTURE

14

TRAVEL

17

PACKING GUIDE





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, guar, 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.

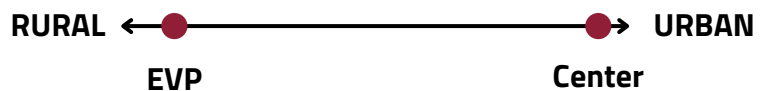
Each program combines theory learned in the classroom alongside field-based applications. Time in the classroom is structured to give students a solid understanding of environmental history, theory, and conservation techniques before deploying their knowledge or specific techniques in the field. All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

20-minute walk from center

Population ~140,000

Home to Angkor Wat. Doctors, pharmacies, libraries, hotels, restaurants, post office, markets, and lively nightlife scene.

SEN MONOROM

Local town for EVP

Population ~13,000

Restaurants, cafes, hotels, and local clinic.

PHENOM PENH

5.5-hour drive from center

Population ~2,300,000

Capital city and largest city in Cambodia. Same amenities as Siem Reap but on a grander scale.

CENTER: HOUSING

Five rooms, 2-4 people per room in twin bunk beds. Shared desk and shelving. Air conditioning in each room.

En-suite bathroom with shower (cold water) and western-style toilet.

CENTER: OTHER FACILITIES

Common room with TV, couches, and games.

Two washing machines (detergent provided). No dryers, clotheslines only.

EVP: HOUSING

Five rooms, 4 people per room in twin bunk beds. No AC, WIFI, cell reception, or personal storage areas.

Shared bathrooms with showers (cold water) and western-style toilets are a short walk away from rooms.

EVP: OTHER FACILITIES

Common area with lounge, dining area, and staff kitchen.

Laundry can be done for free through local service.

Thailand (Summer 2)

Homestays and guesthouses in town of Ruam Thai.



RUAM THAI

Local town

Population ~1,000

ATM and basic medical facilities.

BANGKOK

4-hour drive

Population ~10,720,000

Capital city of Thailand. International airport and advanced medical care.

HOMESTAY OR GUESTHOUSE

One room, 2 people per room in twin beds. Shared storage areas.

May have private or shared bathroom with showers (may have cold or hot water) and western-style toilets.

OTHER FACILITIES

Laundry can be done in town for approximately \$1 USD per pound.



Community Interaction

Students 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, picking up trash, and outreach at schools.



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.



Campus Policies

Because center locations are often unfamiliar to students, there are campus policies in place to keep students safe including nightly curfew, sign-out logs, and a buddy system. Note that during program time students are obligated to stay at the center, and no non-SFS guests are allowed on campus. 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. More specific campus policies will be shared during orientation.



Time-off

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.



Alcohol & Substances

Consumption or possession of alcohol is prohibited on campus. 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.



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 little to basic knowledge of English. 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 your time will be spent with your cohort, so do not expect to practice the local language daily.

Culture and Diversity: In Cambodia, 96% 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 Rigor: 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: Snakes, spiders, scorpions, insects, stray dogs, monkeys, heat and humidity, 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 students should bring plug adaptors.



Internet

Wireless internet is available at the Cambodia center and some of the Thai homestays/guest houses, but it is 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 need to bring laptops with Microsoft Office (or the ability to open Microsoft files offline) and a USB port. Electronic devices are subjected to a much harsher environment than normal. In particular, Apple products do not fare well in high humidity and are more difficult to repair or replace locally. Please take precautions to protect all devices.



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. The average one-way travel time for airmail from the U.S. to Cambodia is 10-14 days. Therefore, no mail can be sent the last two weeks of the Semester programs or during the entirety of the Summer 2 program, 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 is just a sample; no one week will follow this outline exactly. Students will receive program schedules after their arrival. Schedules are always subject to change based on weather, event availability, and other factors outside of SFS' control, including the day of, so students should arrive with a flexible mindset. All events apart from Free Time are mandatory.

Students should expect long days in the classroom at the start of the program transitioning into fieldwork and independent study.

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	6am-5:30pm Field Trip w/ Lunch in the Field Field trips can be any day of the week and occasionally last multiple days.	6am-5:30pm Field Trip w/ Lunch in the Field Field trips can be any day of the week and occasionally last multiple days.
	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			
	5-6pm Free time at the Center	5-6pm Health & Wellness Activity	5-6pm Dinner	4-6pm Field Trip		
	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 incurred by all parties involved including transportation, accommodations, etc. This may include costs related to COVID-19 quarantining. 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:

- Laws and social customs of the host country may criminalize same-sex relationships or certain gender expressions.
- Travelers may experience discrimination and harassment.
- Some cultural practices are based on traditional gender roles. As a result, some students might be misgendered.
- Some languages are gendered, resulting in a lack of terms that encompass non-binary and gender-neutral identities.
- Health services specific to transgender people may be limited or unavailable.
- It is not always 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 welcomed. 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.

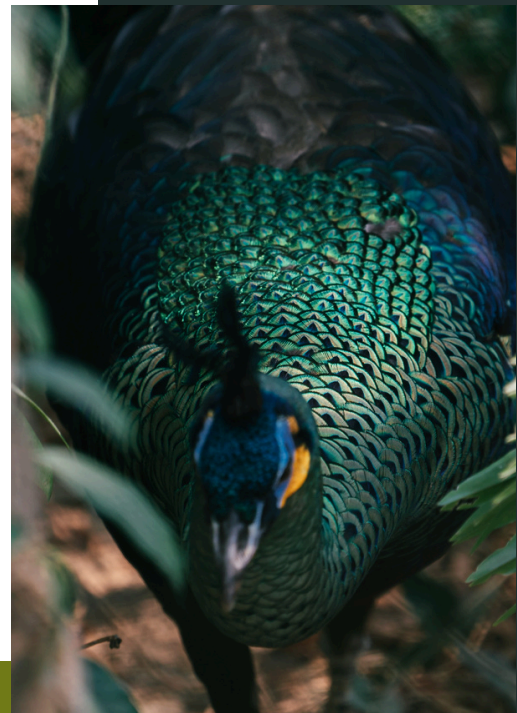


FLIGHTS

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. [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.



Insurance

Students are required to buy international health insurance. It is the student's responsibility to ensure that their coverage is valid in their program country(s) for the full duration of their program and covers basic medical care, including non-urgent illness or injury, laboratory tests, and pharmaceutical needs. SFS does not provide company recommendations. Keep in mind:

- Most domestic plans do not provide comprehensive coverage internationally
- Schools may offer or require specific international health insurance.
- 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 up front.

Emergency Evacuation and Repatriation Insurance

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. [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.



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

SFS does not have a specific policy regarding how much or what type of luggage students bring, however, you will be sharing a room and you will have limited space to store your belongings. We recommend backpacks over wheeled luggage as the Elephant Valley Project does not have a paved driveway. 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 in the field and leave behind at the end of the program. Do not bring anything that cannot be damaged!

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 no more than 2 inches above the knee. Anything shorter requires leggings underneath. 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. No leggings without shorts 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

- **Shorts/Skirts** No more than two inches above the knee. Anything shorter requires leggings underneath.
- **Pants** Loose, lightweight blends that dry quickly. 3+ pants for field work and 1+ pairs for non-field time. Leggings cannot be worn without shorts overtop, and jeans are also not recommended.
- **Loose T-shirts** that completely cover the shoulder, back, and waist. **SPAGHETTI STRAPS, CROP TOPS, AND V-NECKS NOT ALLOWED OUTSIDE CENTER**
- **Long-sleeved shirts** Light-weight fabric for working in the field.
- **Waterproof rain jacket or poncho**
- **Underwear** Opportunities for laundry are limited, so bring a good supply. Recommend lightweight moisture-wicking synthetic (not cotton).
- **Socks** 4-5 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**
- **Rain boots** the center has several pairs of rain boots for student use, but students with especially large or small feet should bring their own. Lightweight, shin-high boots with good tread are best. Students coming during rainy season are encouraged to bring their own.
- **Sneakers**
- **Sport sandals** Keens/Chacos/Texas.
- **Flip-flops or shower shoes**

- Sheets, pillow, blanket, and towels provided.
- **Towels** 1 large towel and 1 face/hand towel to use during travel. Quick dry towels only! Can be bought locally.
- **Toiletries** basic items can be purchased in town but bring enough for at least a week. Preferably biodegradable.



- **COVID-19 Home Test Kits and KN95 Masks** for personal use. 2-3 tests and 2-3 masks recommended. Local availability may be limited.
- **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.
- **Motion sickness medication/ Dramamine/ Ginger chews**
- **Period care** Students can purchase pads in town, but tampons are not common. We encourage environmentally friendly or biodegradable options.

- **Flash drives and/or External hard drive** At least 4 GB recommended.
- **Computer** that can open Microsoft Office documents offline and has a USB port.
- **Surge protector and Plug adaptors**
- **Wristwatch** Preferably water-resistant or waterproof.
- **Headlamp or flashlight** Rechargeable recommended.
- **Binoculars** Preferably 8 x 40 but anything in the 6 x 30 to 10 x 40 range is fine.
- **Day pack** small backpack suitable for taking gear into the field. 15-30L recommended.
- **Weekend bag** to bring on overnight field excursions or weekends off. 35-55L recommended.
- **Notebooks and Pens/Pencils** Can buy locally.
- **Water bottles** 2 bottles with 1L capacity each. Alumni recommend small tops to avoid spills and at least one portable water bottle. Can buy locally.
- **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.
- **Nice/casual clothes** for going into town. Cover shoulders, waist, and knees.
- **Swimsuit** non-revealing one or two piece. There is a pool on campus.
- **Hiking boots** over the ankle.
- **Small clothing repair kit**
- **Laundry bag**
- **Water-proof daypack cover**
- **Dry bags or sturdy plastic bags** Gallon-sized Ziploc bags work well.
- **Waterproof school supplies** Rite-in-the-rain is good brand.
- **Umbrella** Can be purchased locally.
- **Pocketknife** Checked luggage only. Can buy locally.
- **Duct tape** Can buy locally.
- **Lightweight blanket**

- **Hammock** Can be purchased locally.
- **Earplugs and Eye mask**
- **Baby wipes and Hand sanitizer** Can be purchased locally.
- **Journal** Can be purchased locally.
- **Games, Movies, Books, and Crafts**
- **Snacks, Drink powders, and Dietary supplements** Any favorites.
- **Camera**
- **Voltage converter** if needed for electronics,
- **Headphones and/or Bluetooth speaker** Noise canceling recommended.
- **Waterproof cases for electronics and silicone packets** (or some water-absorbing equivalent).
- **Extra batteries and External battery packs**



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.