



TRAILS OF INDOCHINA

*Artisans of bespoke journeys to
Southeast Asia & beyond*

CAMBODIA

PRE-DEPARTURE INFORMATION



INTRODUCTION



Once home to the powerful Angkorian empire, today Cambodia is a fascinating destination steeped in deep history, rich culture, and unspoiled landscapes. Beyond the awe-inspiring Angkor temple complex, the country offers a wide range of activities for different interests from mountain biking adventures to honeymoon holidays on a private island. Cambodia's unique charm along with the seraphic smiles of the Khmer people makes it a welcoming destination for all travellers.

QUICK FACTS



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|  Currency: Riel & USD |  Population: 16 million |
|  Capital City: Phnom Penh |  Language: Khmer |
|  Time Zone: GMT +7 |  Calling Code: +855 |
|  Electricity: 220volts, 50Hz |  Religion: Buddhism
Christianity & Muslim |
|  International Airport:
Phnom Penh PNH
Siem Reap REP | |



Khmer cuisine consists of a variety of dishes with rice served communally for the family to enjoy together. Local herbs, regional sauces and unique flavours come together to form this distinctive and delicious cuisine. With Cambodia's many rivers, lakes and its vast coastline, fish is a staple protein, with chicken being quite popular as well. Salads are varied, often featuring fruits, herbs or even meats and chilies. For refreshments, juices, local beers, rice wines and coconut or sugarcane juice provide nourishment and welcome respite from the heat.



Fish Amok

One of the most recognised Cambodian dishes, fish amok is made with freshwater fish cooked in a coconut milk base, flavoured with turmeric, lemongrass, kaffir lime, and other spices. It is then wrapped in banana leaves and steamed until it forms a mousse texture. It is traditionally served with rice.



Khmer Red Curry

A milder version of Thai red curries, Khmer style curry is typically a coconut milk-based curry, prepared with chicken, beef or vegetables, including eggplant, potatoes, and green beans. Khmer red curry is traditionally served at special occasions and served with bread, remnant of the French influence in Cambodia.



Grilled Meat

A popular street food, grilled meat is widely favoured across Cambodia. Chicken, pork, beef and seafood skewers are popular, particularly squid. These tasty skewers can be found at nearly every corner at most hours of the day, though they are particularly popular at night markets.



Bai Sach Chrouk

Served at street stalls all over Cambodia, bai sach chrouk, translated to pork and rice in English, is a simple yet delicious Cambodian food. Thinly sliced pork is marinated in coconut milk with garlic and grilled. Served with broken rice, this is an early morning staple in Khmer cuisine



Currency in Cambodia

Cambodia's local currency is the Riel (KHR), and roughly converts at a rate of 4,000 Riel to 1 US Dollar. However, in Cambodia, the US Dollar is widely accepted as a form of currency, and even preferred in most instances. The local Riel is commonly used in markets and outside the tourist areas, but you can expect a combination of the two currencies when travelling in Cambodia. It is recommended to bring clean bills in small denominations (\$1 and \$5) for purchases.

ATMs

ATMs are widely available throughout Cambodia and can be found dispensing both Cambodian Riel and US Dollars. This is by far the easiest and safest way of accessing money while in Cambodia.

Banks

Many banks are open during normal business hours, from Monday to Friday. These banks can issue cash advances for Visa and MasterCard, usually for a small commission.

Credit Cards

Credit cards are usually accepted in the major cities of Phnom Penh and Siem Reap however, if you are travelling to more rural regions, they may not be accepted.

Traveller's Cheques

Traveller's cheques are no longer accepted in Cambodia, and if they are, the process of exchanging them is lengthy. We do not recommend the use of traveller's cheques in Cambodia.



Gratuities

While not compulsory, tipping is greatly appreciated throughout Southeast Asia, especially in the service industry. If you have pleased with the services provided. For reference, we have provided a general guideline below:

- Guides (>4 travellers): \$10 - \$15 per day per traveller
- Drivers (>4 travellers): \$5 - \$7 per day per traveller
- Guides (<5 travellers): \$5 - \$10 per day per traveller
- Drivers (<5 travellers): \$3 - \$5 per day per traveller
- Restaurants: 5-10% of the total bill
- Hotel Maid Service: \$2 - \$3 per day
- Porters: \$1 at time of service
- Local Boat Transport: \$3 - \$10 per boat
- Overnight Cruise: \$5 - \$10 per person per night (to cover all crew)

Please note all prices are quoted in USD.



Insurance

Travellers are strongly recommended to purchase trip and travel insurance. This can cover anything from trip cancellation to accidents, emergencies, hospital fees, property loss and medical evacuation.



Health

Please consult your doctor to discuss your particular health or immunisation requirements. If you would like to have a source of further information, please refer to the Centre for Disease Control (CDC) website at www.cdc.gov



Medical

Medical care has come a long way in Cambodia, though it is still lacking in comparison to its more developed neighbours. In the event of serious injury, evacuation is necessary. For minor injuries, the Royal Rattanak General Hospital in Phnom Penh, the Royal Angkor in Siem Reap and the newly opened Sonja Kill

Memorial Hospital in Kep are acceptable. Outside the major cities of Phnom Penh and Siem Reap, local hospitals are far below international standard and should be avoided. However, pharmacies can be found throughout the country but may lack certain medications and may only sell generic brands of common medicines. Should you need medical assistance while travelling in Cambodia, please alert your guide.



The following should act as a useful checklist of essential items worth taking

- Passport - ensure your passport is valid for at least 60 days after your date of return
- Copies of your passport - it is advisable to leave copies at home as well
- Sun protection - hat, sunscreen, sunglasses and lip balm
- Antibacterial wipes and/or gel
- Comfortable walking shoes
- Lightweight clothing
- Some clothing covering the knees and shoulders for visits to religious sites - women may find a shawl or sarong useful in conservative areas
- Mosquito spray and insect repellent
- Camera and spare film/memory card – film available in Cambodia tends to be bad quality or sun damaged
- Spare glasses/contact lenses – it is difficult to repair/replace prescription lenses
- Money Belt - ensure that it is discrete and comfortable to wear
- Personal Medication - it is often good to carry a doctor's note to ensure easy passage of medication across international borders
- Basic First Aid Kit
- Emergency contact numbers: Trails of Indochina, Insurance Company, credit card companies, friends and family

Clothing

Since the weather is consistently warm throughout the country, it is advisable to bring comfortable lightweight, loose fitting, cotton clothing and long-sleeved items for protection from mosquitoes and the sun.

During the rainy season, an umbrella and open-toe sandals are recommended. Cambodia is a very casual country and a lightweight jacket may only be needed in the more upmarket hotels and restaurants using excessive air-conditioning. A hat and high-factor sun block is advisable for protection against the hot sun when sightseeing.

T-shirts and knee length shorts are acceptable for visiting temples or pagodas

Plugs and Converters

In Cambodia, the electricity runs at 220volts and 50Hz. Depending on location, three types of plugs are used



CONTACT US



If you have any questions or encounter any issues, please contact us at our Cambodia office so we can provide an immediate solution.

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