

# CARRINGTON EXPEDITION

## Cambodia 2025

“  
EVOLVING  
EXPEDITIONS  
INTO SAFE,  
EDUCATIONAL AND  
FUN WAYS  
TO DEVELOP  
”



Click me!



- Established in 1999
- UK Based
- Lifesigns Group
- FCDO Partner
- EPA Assessed
- BS8848 & LOfC Compliant



## EXPEDITION HIGHLIGHTS

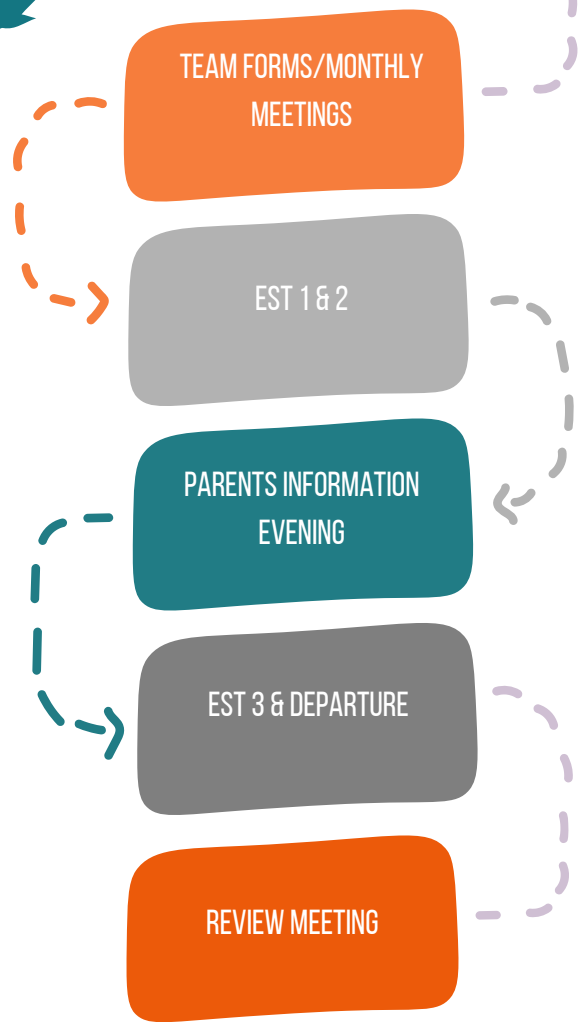
- Experiencing local life in Siem Reap
- Spectacular cultural visits included Angkor Wat Temple
- Once in a lifetime community engagements in rural communities
- Eye-opening wildlife
- Stimulate your senses exploring the flavours of Cambodian street food

📞 01483 810785

📍 The Kiln, Grange Road, Tongham, Surrey, GU10 1DJ

🌐 [www.adventurelifesigns.co.uk](http://www.adventurelifesigns.co.uk)

# TIMELINE



## EXPEDITION SKILLS TRAINING

### EST 1

- Planning, management and leadership
- Introduction to other awards
- Discover Medicine Course
- Kit selection
- Country Brief

### EST 2

- Navigation
- Menu planning
- Campcraft/trekking with the leadership team
- Reinforces & expands upon EST 1

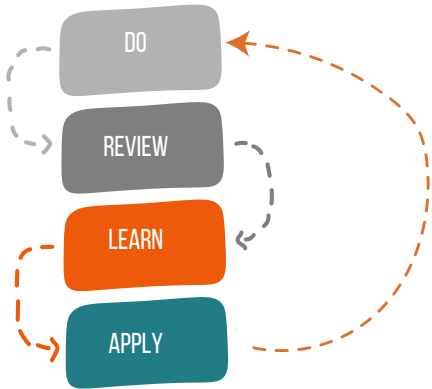
### EST 3

- Document & Equipment Check
- Cultural awareness
- Reaffirm previous training
- Group roles and responsibilities
- Confirm plans





# SAFETY



## LEADERSHIP TEAM



*Expedition Leader*



*School Leaders*



*Local Team*

Our Expedition Leaders are hand-picked for each school team to ensure an unforgettable experience. They have complete oversight of the expedition and its safety, and are qualified with the following:

- ✓ Enhanced Disclosure and Barring Service (DBS)
- ✓ Mountain Leader Assessed
- ✓ Leader assessment course
- ✓ 2-day staff preparation conference weekend
- ✓ Aquatic rescue trained
- ✓ Remote medical trained
- ✓ Child safeguarding trained



# TOTAL EXPEDITION COST

14 DAYS - £2,950

Breakdown - 113 weeks = £26 p/w



## WHAT'S INCLUDED



All pre-expedition training & advice



All flight & in-country costs



All group equipment



24/7 operational backup



Comprehensive insurance package



Government imposed fuel surcharges

## WHAT'S NOT INCLUDED



Visas



UK transport



Additional recovery phase activities



Personal clothing & equipment



Vaccinations

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