



Marojejy National Park, Madagascar



Suggested Packing List

- Raingear (all clothes and equipment in backpacks should be well enclosed in plastic bags)
- Sturdy hiking shoes/boots (sturdy sandals might be okay in the dry season, but when it's wet the leeches can be a problem)
- Cool, lightweight clothes for hiking during day
- Warmer clothes for evenings (long sleeves and long pants are also good for mosquito protection)
- Hat or cap
- Sunscreen
- Mosquito repellent
- Toiletries and small towel
- Toilet paper
- Basic first aid supplies
- Tent, foam pad and lightweight sleeping bag or liner (beds, sheets and blankets are provided in cabins, but they might not be so clean)
- Torch/flashlight or headlamp
- Binoculars
- Camera
- 1-2 liters water (good water is available at all three camps; as everywhere these days, though, it is wise to treat it with purification tablets or filter or boil it before drinking)

Suggested Food List

This list will provide a fairly typical Malagasy menu for two visitors and one guide for a three-day trip. Use it as a guide only – people's appetites and tastes differ, and food availability varies according to season. It is useful to prepare a meal plan to give to the cook ahead of time so s/he has an idea of what s/he will be cooking, how much, and when.

English	Français	Malagasy	Amount needed	Where to buy
Rice	Riz	Vary	15 kapoaka (cups)	Street
Bread	Pain	Mofo dupain	9 baguettes	"
Beans	Haricots	Tsaramaso	3–4 kapoaka (cups)	Market
Meat	Viande	Henan'omby	1 kg	"
Carrots	Carottes	Karoty	1 kg	"
Potatoes	Pommes de terre	Pomdetera	1 kg	"
Cucumbers	Concombres	Kokombra	2–3	"
Onions	Oignons	Tongolo	½ kg	"
Green vegetables	Légumes	Anana	?	"
Fruit (in season)	Fruit (en saison)	Voankazo	?	"
Tomato sauce	Sauce tomate	Sauce tomate	1 can	Shops
Canned sardines	Boite de sardines	Boatin'ny sardine	2–4 cans	"
Vegetable oil	Huile de table	Menaka sakafo	¼ liter	"
Salt and pepper	Sel et poivre	Sira sy dipoavatra	1 sachet	"
Spaghetti/pasta	Spaghetti/pâtes	Spaghetti / pâtes	?	"
Coffee or tea	Café ou thé	Kafe na dite	?	"
Powdered/canned milk	Lait en poudre/en boite	Vovoka ronono/ ronono ny boaty	?	"
Sugar or honey	Sucre or miel	Siramamy na tantely	?	"