



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 are sometimes a problem)
- Cool, lightweight clothes for hiking during day
- Warmer clothes for evenings (long sleeves, long pants are also good for mosquito protection)
- Hat or cap
- Sunscreen
- Mosquito repellent
- Toiletries and small towel
- Toilet paper
- First aid supplies
- Tent, foam pad, and lightweight sleeping bag (only if camping — beds, sheets and blankets are provided in cabins)
- Torch/flashlight
- Binoculars
- Camera and film
- 1–2 liters water (very 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 he has an idea of what 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	?	"
Powered / Canned Milk	Lait en poudre / en boite	Vovoka ronono / Ronono ny boaty	?	"
Sugar or Honey	Sucre ou miel	Siramamy na tantely	?	"