



## 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             | ?                  | "            |