

Indonesia: Biodiversity and Conservation in Bali and Borneo

Country Overview & Packing Guidelines

Summer 2025

Country Overview

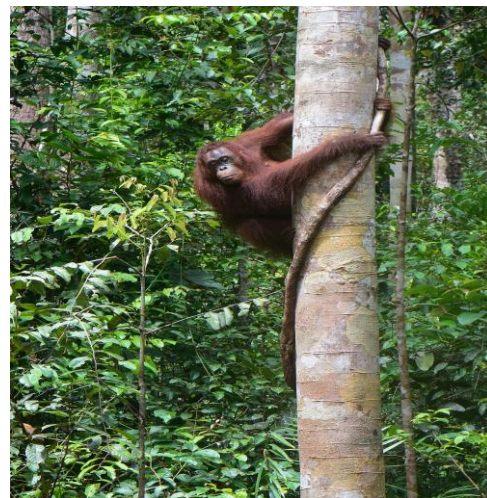
GENERAL INFORMATION

Indonesia is a sprawling archipelago of approximately 17,000 islands, spanning over 3,000 miles from Sabang, Sumatra to Merauke, Papua. An estimated 6,000 of these islands are inhabited. The five largest islands are Java, Sumatra, Kalimantan (the Indonesian part of Borneo), Papua (shared with Papua New Guinea), and Sulawesi. There are over 260 million residents, making Indonesia the fourth most populous country and the largest population of Muslims. Indonesia is a republic, with an elected parliament and president. The nation's capital city is Jakarta, located on the island of Java.

Although there are over 700 languages spoken in Indonesia, *Bahasa Indonesia* is spoken by nearly 100% of the population. Indonesian is a dialect of the Malay language and was originally a *lingua franca* of traders and migrants. It is very similar to Malay, which is rich in adopted words from Sanskrit, Arabic, Persian and Chinese, as well as other languages, notably Javanese, Portuguese, Dutch and English.

From an environmental perspective, Indonesia is a very important contributor to global biodiversity, with large areas of tropical forest and coral reefs still found in parts of the archipelago. Indonesia is rich in natural resources, particularly petroleum, natural gas, and various precious gems and minerals.

Likewise, the agriculture sector is strong and varied, producing rice, tea, coffee, spices, rubber and palm oil. It is the service sector, however, that is the largest contributor to GDP (at approximately 45%), followed by industry and agriculture.



School for International Training

1 Kipling Road, PO Box 676
Brattleboro, VT 05302-0676 USA
P: 888 272-7881
F: 802 258-3296

studyabroad@sit.edu
studyabroad.sit.edu

CLIMATE AND GEOGRAPHY

Bali, Java and central Kalimantan (in Borneo) are located just south of the equator, and the temperature varies from 70° to 90°F year-round, though it is somewhat cooler in the hills.

These islands experience moderate rainfall and high humidity throughout the year, though some relief comes during the dry season, which normally runs from April/May to September. Rain from October to April (the rainy season) generally come overnight and in the early mornings, but late afternoon downpours are also common, especially after heat and humidity builds up during the day. The rainy season has been starting later in recent years, sometimes not getting into full swing until mid-February, and has been lasting later in the year, with rain still frequent in mid-June.

You may want to bring a sturdy, folding umbrella for both rain and sun, and a poncho for rainstorms when bike-riding, but both can also be purchased very easily and inexpensively in country. Given the high temperatures, you should be familiar with the warning signs of dehydration and heat stroke. You have to remember to drink enough water without waiting for signs of dehydration. You may want a lightweight jacket for cool nights in the mountains or air-conditioned buildings.

[Bali]: AVERAGE HIGH/LOW TEMPERATURES (°F)				
JAN	FEB	MAR	APR	MAY
87/77	88/77	88/77	88/77	87/76
SEPT	OCT	NOV	DEC	
86/74	88/76	89/77	88/77	

LOCAL CUSTOMS

Balinese and Javanese are expected to be friendly and to greet each other when passing by on the street.

Typical greetings are:

Selamat pagi, mau ke mana?: “Good morning, where are you going?”

Jalan-jalan saja: “I’m just taking a walk.”

The most common Indonesian greetings are very useful:

Selamat pagi: “Good morning”

Selamat siang “Good afternoon” (10:00am to 2:30pm, or the hot part of the day)

Selamat sore: “Good evening” (3:00pm until nightfall, around 6:30p.)

Selamat malam: “Good night”

Cultural Tips

- Be friendly and smile a lot
- Be open-minded, lower your expectation
- Go with the flow of Javano-Balinese way of life
- Don't give and receive with left hand
- Don't point at something with your feet
- Don't hold other people's heads without permission
- Don't go out at night alone

DIET

Participating in the local food culture is a central aspect of daily life in Indonesia. Special or restricted diets may not always be fully understood by your host family, although they may have previously hosted a student with similar dietary restrictions. By trying to replicate your diet at home you may miss out on an important part of your host culture.

Rice is the staple grain in Bali and Java, as it is in most of Indonesia. In many Balinese families, the cook prepares the day's meal for breakfast, and the food is then covered and left out on a kitchen table for the rest of the day because it is believed that cooling and reheating ruins the flavor. Javanese families are more accustomed to sit-down meals, with the largest meal served midday. This means that it is typical for Javanese to take a siesta from 2 to 4 pm, after which tea and a light snack are served. The evening meal is lighter than the mid-day meal. Meals are generally composed of rice with spicy vegetables, tofu, tempeh, poultry, meat or fish.



It is possible to maintain a vegetarian diet while in Indonesia, but vegetarians must be willing to accept the use of fish pastes and meat stocks mixed with vegetable or tofu dishes for flavor. In addition, for those students interested in keeping Kosher, pork is a popular meat and flavoring in Bali but is not served in predominantly Islamic Java. Milk and dairy products are rarely used in Indonesian cooking.

In Bali, meals are not social activities like they are in the States but are generally taken alone in a quiet place. In fact, traditional Balinese compounds do not have a dining room or a place for a kitchen table. As noted above this is not the case in Java where “sit-down” meals are a customary part of life in many households.

Note: if you have special dietary needs, including allergies, please inform the office of [Student Health, Safety & Wellbeing](#) prior to the start of your program. We will advise you on realistic expectations about avoiding or incorporating certain foods within the program context.

SAFETY, SECURITY, AND HEALTH

Maintaining good health is essential to having a successful study abroad experience.

SIT recommends you do research prior to departure about the health, safety, and security specifics of the country(ies) you plan to visit. Consult the [U.S. Department of State](#) website and search their [Countries and Areas Archive](#) for international travel information and current travel advisories for each country. Search the Center for Disease Control [Traveler's Health](#) page to see travel health notices and vaccine requirements and recommendations for any country(ies) you plan to visit.

SIT recommends doing research ahead of time to stay up to date on It will be critical that you educate yourself about the potential health and safety hazards that may exist in your areas of travel and make informed decisions about what preventative measures to take prior to departure. You should also reference the Health, Access, and Identity information on your program's [webpage](#).

If you have any questions, please reach out to the [Student Health, Safety, & Wellbeing Team](#). Students are thoroughly briefed on safety considerations during in-country orientation and are updated throughout the semester if and when circumstances change. For information regarding safety and security, emergency communications, SIT policies, health and personal property insurance, and general program tips, please read the [Safety, Security, and Health](#) document and [Student Handbook](#).

HOMESTAYS

As many SIT Study Abroad alumni will tell you, the homestay experience can be one of the most rewarding and most challenging aspects of the program. We hope you will come prepared for the experience and committed to moving beyond cultural immersion as you begin to question, distinguish, and analyze the host culture vis-à-vis your own culture and come to a deeper understanding of both. Family structures vary in every culture. SIT Study Abroad values the diversity of homestay families, and your family may include a single mother of two small children or a large extended family with many people coming and going all the time. Additionally, please bear in mind that, in many countries, the idea of what constitutes a “home” may be different from what you expect. You will need to be prepared to adapt to a new life with a new diet, a new schedule, new people, and new priorities, and expectations.

Each program's homestay coordinator will be responsible for placing students in homestays. These placements are made first based on health concerns, including any allergies or dietary needs, to the extent possible. **Please note: in order to ensure the best fit for students and families, SIT may make final adjustments to homestay placements after student arrival in country. Therefore, SIT will not provide information about your homestay family before you depart for the program.**

We seek to foster increased cross-cultural understanding in students by immersing them in local culture through daily life in a new family and community. Students are expected to assume roles as family members, respecting and following host family



norms around communications, visitors, and activities of daily living.

During this program you will be staying with one homestay family. The homestay will be in the village of Utu, and within a short distance from the program center. Students will easily walk to and from classes.

OTHER ACCOMMODATIONS

Students should expect to share a room with one or more students during orientation/launch and while on excursions.

In addition to the homestays, students will stay in small boarding houses/hotels or tourist camping facilities. Most accommodations, with the exception of the homestay, are double occupancy with linens, towels, pillows, and basic furniture provided, if appropriate.

TRANSPORTATION

One of the challenges of the program is public transportation, which is not available after the working day ends at 5:30pm. If students need transportation, they need to inform program staff who will organize a vehicle for them. During orientation, you will be provided with a handout giving more information on local transportation.

For students already accustomed to bike riding, renting a bicycle can be a great option for their daily commuting needs. Helmets are provided by the program in Bali, but may not be of the same quality available in the U.S. Moreover, you are encouraged to bring head or rear LED lights and extra reflectors to supplement the standard safety gear.

In recent years, as public transportation options have changed, motorbikes are becoming one of the dominant forms of transportation in Indonesia and Southeast Asia. As a result of this shift, SIT Study Abroad staff have evaluated the risks and instituted a policy that permits students to travel as a passenger on motorbikes under limited circumstances and only in certain localities. All students will undergo an orientation to the motorbike culture in Bali and will receive instructions on how to ride a motorbike and visually identify a mechanically sound bike and driver. Students will be required to sign a waiver before using motorbike transportation and may only ride a motorbike while wearing a helmet. Any violation of the waiver and/or policy may result in immediate dismissal from the program.

COMMUNICATION

While you may want to be in regular communication with friends and family from home during the term abroad, please bear in mind that different time zones, unreliable phone lines, and changing program activities can complicate communication.



It's important to be clear with family and friends about your availability during the term. Many students recommend making an appointment to call home or to receive a call. You should also consider the impact of constant communication with friends and family at home on your cultural immersion.

Visit our [Contact & Communication](#) page for practices on program communication, emergency communication, and home institution communication.

PHONES AND INTERNET

[Cell Phone Policy](#)

As part of SIT's commitment to student safety and security, all students are required to have a working cell phone capable of making and receiving both local and international calls, including a data plan so that your phone is operational when you are away from wi-fi. If needed, during orientation SIT staff can assist students in purchasing a local SIM card and acquiring minutes for calls and texting. Failure to maintain a working phone capable of making and receiving calls/texts will be considered a conduct violation and a breach of our student code.

In Bali, Students will be able to purchase a local SIM card with in-country staff support. Local SIM cards are about IDR 150,000 for 60GB (approximately US\$12). A US smartphone can work anywhere in the country as long as there is an Internet Connection. Smart phones can be purchased locally, starting at about US\$200. Connection, while in Borneo, may however be limited if not impossible to get.

The amount to budget for phone use depends entirely on how much students call home and use the net for social media etc. It is suggested to budget US\$100-150 for the 6-week program, with the caveat that it could vary significantly depending on communication habits. In the past, students have bought relatively cheap, local phones. In some ways, the latter is a better idea than bringing an expensive smartphone from the US, as the conditions in Bali are hard on electronic items – sometimes students have had to replace moisture-damaged phones.

A note on telephone numbers: The Country Code for Indonesia is +62. Many cell phone numbers begin with 0814, 0815, 0816, 0852, etc. To dial this number from outside of Indonesia you need to drop the 0 in front and add +62 in front of the numbers.

If friends and family need to know that you have arrived safely in Indonesia, they may call SIT Study Abroad at (888) 272-7881. This number may also be used to reach the 24-hours a day, 7-days a week emergency on-call service.

Internet access: Internet services including wi-fi are available at Internet Cafes in many major cities and tourist areas of Bali and Java. The rates are not exorbitant, but the cost can add up. Many students use the same Internet Cafes for typing assignments and/or their Field Study Project papers. From long experience, we know that the risks of loss of data through virus infection or sudden loss of power are high at these sites, so we recommend that you back up frequently by sending your work your own email as attachment.

Since the pandemic hit and families had to have WiFi for the children's virtual learning, most homestays, including the villages, now have Internet access. Students should, however, keep in mind that if their family does offer access to their Internet services, the family may pay a hefty price per minute and this generous offer should not be abused. The students can come to the program center for using internet anytime.

The SIT program center provides internet access during posted hours.

MAILINGS

Unlike receiving a package here in the US, receiving a package at your program site is usually **expensive** and **problematic**. Customs agents must inspect all packages and you, as the recipient, are responsible for duty and storage fees. In addition, there are cases of items being lost in the mail or taking so long to reach the recipient that the recipient is nearly back in the US by the time the items are received. For these reasons, sending packages should be done only for emergency situations. Additionally, sending valuables is highly discouraged. Mailing prescription medication abroad is illegal.

For this program, **DHL, FedEx, and UPS services are available in country**. Despite cheaper prices, reliance on the US Postal Service is not advised due to delays and unreliability. When given the option, it's always a good idea to send packages certified and with a tracking number that allows the sender to track the package.

If it is necessary for someone to send you mail then posted letters and packages should be sent to the following address:

Student Name
[Pusat Penyelamatan
Satwa Bali
Jalan Teratai # 49, Dukuh,
Tabanan, Bali 82111
Indonesia]

MONEY

In addition to tuition, SIT Study Abroad program fees cover room and board throughout the program. When room and/or board are not taken with the group, students will be given a stipend to cover related expenses. SIT will cover daily commuting costs, if any, and excursions that are part of the normal program itinerary. During the ISP period, students will receive a stipend for basic room and board only, based on the cost of living at the program base. **Any domestic travel, interpretation services, or supplies necessary for any independent study are the students' responsibility.** Please plan accordingly.

Unlike in some countries in Asia where US dollars are accepted, travelers to Indonesia must use the Indonesian currency, called *rupiah*, for all purchases. Rupiah can be purchased in some large US banks, but it is also very easy to get upon arrival in Bali. You may change U.S. currency or withdraw rupiah from an ATM machine upon arrival inside the international airport in Denpasar or in Indomaret, Kerambitan.

You may choose to use travelers' checks, U.S. currency, credit cards, ATM cards, or any combination of the above. American Express brand travelers' checks are the most widely accepted in

Bali. Travelers' checks and U.S. currency may be exchanged at either a bank or an authorized moneychanger. A moneychanger will only accept neat U.S. bills with the new designs. A better exchange rate is given for larger U.S. denominations than either travelers' checks or small bills. A valid passport may be required to exchange money.

ATM machines are several in Tabanan city and other towns throughout Bali and also in Java, especially in urban areas. Accessing money should not be a problem. Many restaurants, large department stores, and tourist boutiques take major credit cards, such as Visa and MasterCard. A Visa or MasterCard is necessary in case of emergencies, medical or otherwise. Note: Taking cash from the ATM and using a credit card for a transaction, there will be 3% extra charge.

Check current exchange rates: <http://www.oanda.com/currency/converter/>

If using a debit and/or credit card, you should contact your bank and/or credit card companies regarding your travel plans. If you don't inform these companies that you will be away, they will often assume the card has been lost or stolen and will put an immediate hold on the card. You should also check on costs of withdrawal, as these costs vary and can sometimes be very expensive. Renewing and receiving reissued credit and debit cards while on the program will be an expensive and highly inconvenient process. Before you leave for your program, please check the expiration dates on your cards to ensure that they will not expire while you are abroad. It is also very important that you make photocopies of all your debit/credit card information and leave them with someone you trust in case your card(s) is/are lost or stolen.



Following are suggestions for spending money during the program, including estimates for textbooks, ISP/Internship-related expenses, medical expenses, personal spending, and gifts. Individual spending habits vary widely and **these costs are averages**.

A suggested total amount of personal spending money to budget ranges from **US\$1000 to \$1100**. To determine where you might fall in this range, please examine your spending habits during a typical semester at your home school and consider any exceptional expenditures you may have on the program, including travel costs for your planned ISP or a specific personal expense.

Please budget approximately:

Personal spending (from past student suggestions):	\$350
Books, printing, supplies:	\$50
Up-front medical costs:	\$500
Cell phone (if you don't already have one):	\$200
Estimated total:	\$1000-1100

Please note that up-front medical costs can vary widely. Though you are completely covered by SIT's travel insurance GeoBlue, which you can read more about on our [Participant Insurance](#) page, you still may need to pay up-front for medical care and then file for reimbursement.

VISITORS AND FREE TIME

SIT strongly discourages and will not provide support for any visitors to students during the term, due to the rigorous nature of the program and the disruption that such visits cause in program flow and group dynamics. Students should be sure that relatives and friends are aware of this policy and that visits are scheduled for dates after the formal conclusion of the program. Students will not be excused from program components to attend to visitors. See the [Attendance and Participation Policy](#).

If a visitor does come while a program is in progress, they must plan their own independent accommodations; SIT Study Abroad homestay families can accommodate only their assigned student and, due to cultural and contractual understandings with SIT, should not be asked to host students' guests.

INDEPENDENT TRAVEL

Please read our full [Independent Travel](#) policy for our definition, guidelines and how to access our independent travel notification form. Please note that independent travel is only allowed during program free time and students will not be excused from program activities to travel. SIT is not responsible for any costs of student independent travel including logistics, preparations, cancelation fees, change fees, and any other costs associated with independent travel. We highly recommend you wait to book any independent travel until AFTER arriving on program and receiving the final academic schedule from your program.

During the program, students follow an intense schedule of classes and field-based learning assignments. Free time for pursuing an independent interest or hobby during the program will be limited. Your admissions counselor can advise you about particular interests you may have. For example, if you must keep in shape for your next athletic season, or if you play a musical instrument

and want to know whether to bring it, we can help you to understand your schedule and any concerns or limitations that may exist.



CODE OF CONDUCT AND POLICIES

SIT maintains a [Code of Conduct](#) and clear institutional [policies](#) regarding student behavior through a commitment to mutual learning and respect for others. Visit the policy page for detailed policies around academic integrity, alcohol and drug use, anti-harassment and non-discrimination, attendance and participation, credit hours, equal education opportunities, grading, housing, independent travel, prohibited activities, religious holiday observance, sexual harassment and misconduct, and withdrawal among others.

Packing Guidelines

LUGGAGE

Please pack lightly and include only necessary items. You should be able to carry all your luggage significant distances on your own. Try to minimize both the number of bags and weight of your bag(s) since you will likely be acquiring more belongings while abroad. We recommend a small daypack, which will also be useful for short excursions when on the program.

Most airlines within Indonesia give a luggage allowance of 20kg and if the program uses the train, there is a similar limitation. Luggage dimensions should be no bigger than 70cm x 48cm x 30cm. You should not bring more than 20kg or be prepared to pay extra for overweight luggage.

If carrying prescription medications, you should carry a letter from your doctor to prevent any concerns at customs or in transit. (Please see the “General Health Tips” section in the Safety, Security, and Health pre-departure document.)

Please check the current requirements of the Transportation Security Administration (<http://www.tsa.gov>) as well as those of the airline on which you are flying for domestic and international baggage restrictions.

CLOTHING GUIDELINES

The weather will be the main guideline for what you will wear while in Indonesia. Clothes should be cool and lightweight as long as they are clean and modest. Your clothing should also permit ventilation and full freedom of movement.

University students in Indonesia dress very nicely, almost "preppy," and it is important to dress neatly for any formal occasions that may arise. In recent years, some more conservative aspects of Indonesian society have loosened so that youth culture is somewhat closer to that of the West. However, relaxation of the dress code is by no means universal. Dress styles are still largely conservative in Java, and it is now very common to see women of all ages wearing a headscarf, or the more complete head-covering called *jilbab*. Dress styles are much more relaxed in Bali, especially for informal occasions and in tourist areas, but students still dress modestly.

In order to work with these aspects of Indonesian culture, we ask that men bring one pair of light-weight full-length slacks with a short-sleeved shirt that is either button-down or has a polo-style collar. For more informal meetings knee-length shorts are acceptable with a clean, neat T-shirt. To be prepared for formal occasions, women can choose between lightweight, full-length slacks or a knee-length dress or skirt with blouse. The blouse can be short-sleeved but must cover the shoulders and have a modest neckline. This dress code is most important in Java, where both Christian and Islamic religions favor more conservative dress styles.

Halter tops, sleeveless tank tops, etc., are **inappropriate** in and out of the classroom. Jeans should only be worn on informal occasions, but past students strongly recommend bringing 1-2 pairs for these occasions. Flip-flops are very handy in Bali and Java for informal occasions, particularly because we have to take off our shoes any time, we visit people's houses or enter a temple area. While flip-flops of many types and sizes can be purchased in Indonesia, if you prefer the "Teva" type it may be good idea to bring along one comfortable pair.

Don't bring too much of your fanciest clothing, as Bali can be very dusty in the dry season (June-September) and muddy in the rainy season (Oct-April). During the rainy season it can take quite a while for clothes to dry, so it may be a good idea to make sure some of your clothing is drip-dry. There are commercial washing services available close to the Program Center. However, there may be a few times during activities like the village excursion when you may need to wash a few things by hand. We recommend that students bring a rain jacket, but poncho-like coverings or umbrellas can be purchased in-country very cheaply. Since rain is not cold in Indonesia, even a dousing during a heavy shower is not altogether unpleasant.

EQUIPMENT

You **do not** need to bring bed linens or pillows, though you should consider bringing along one towel. It is not necessary to bring sleeping bags, tents, or other camping equipment. You may bring mosquito nets, but many rooms use electric fans and/or electric mosquito coils as a method of keeping mosquitoes away from your body at night.

It is required that you bring a pair of binoculars for field projects and monitoring work. A small, good quality pair of binoculars (8x40 or 10x40 are ideal size-wise) can be purchased for US\$120-200 will be suitable. It is also recommended that you bring your own mask and snorkel set to ensure that you have a well-fitting mask for marine fieldwork. Fins are more readily available and can be hired at the program's expense.

If you are a serious photographer using 35 mm equipment, it is a good idea to take along a supply of silica gel to protect your equipment from humidity, as well as negatives and a good flash and/or fluorescent filter. If you are using a digital camera, you will not need to worry about film and developing and can purchase any supplies you may need in-country.



COMPUTERS AND OTHER ELECTRONICS

It is recommended that you bring a laptop computer. If you bring a laptop, the computer will be your personal property and responsibility. It is recommended that you insure your computer, smartphone, or other valuables for full coverage in the event of loss or theft (SIT insurance does not cover personal property).

It is also recommended that you take extra precautions to ensure your laptop is stored in a dry and secure place when not in use; the climate in Indonesia is typically humid and, in the past, this has led to computer malfunctions. Bringing a plastic bag large enough to store your laptop is a good idea, along with some silica gel to absorb extra moisture within the bag.

Please see the following website for information about electricity, voltage and electrical adapters. <http://www.worldstandards.eu/electricity/>. The electrical current in Bali is 220v, AC 50 Hz. The plug types used are two-pin plugs.

GIFTS

As you might imagine, it is best to be prepared with a gift to offer your homestay family in gratitude for their hospitality and as a means to share a part of your culture with them. We suggest one or two gifts that the whole family can enjoy. You may also wish to consider gifts for people outside your homestay family. Try to choose gifts that represent you or the part of the country and/or community you live in. Think about what your city, state, or local artisans produce. Draw upon your personal interests or hobbies for ideas. Pack a couple of small gifts for children, such as small games, bubbles, or a Frisbee.

Even if your homestay family does not have small children, chances are that you will engage with children in your homestay community. Once you are on the program and learn more about the local culture, you will discover other ways to thank your family. Remember to bring pictures of your friends and family to share.

Former students have recommended calendars, picture books, postcards, music, or souvenirs from your college bookstore as gifts.

Please bear in mind that neither Javanese nor Balinese cultures are gift-giving cultures, so you are not expected to provide gifts of this sort for homestay families or other program staff. The most usual forms of gift-giving involve bringing something back from a place you visit that is distinctive to that region, often in the form of fruit or a special food (this is called *oleh-oleh*, a “bring-back gift”), or passing along a memento (*kenangan*) that represents either your home area or something special to your life that will remind the recipients of you and your visit.



You will be staying in a homestays in Bali. If you hope to give gifts to the families you stay with it will only be possible if you bring a few things that are lightweight. This is why we often recommend textile products (t-shirts, bandanas, tea-towels) or similar light-weight items that bear some logo or other distinctive sign of “being from where you are from”. Illustrated calendars can also fill the bill nicely. Some other suggestions are postcards, mugs, Frisbees, play-doh, playing cards and other souvenirs from your town or university.

WHAT YOU CAN AND CANNOT OBTAIN IN COUNTRY

Fortunately, you can obtain basically anything you want or need in Indonesia. However, name brand western items may be more expensive than at home, or of limited availability (you might not be able to find the particular brand you like). For women, tampons are expensive and of limited variety.

Ready-made clothing and shoes may be more difficult for large or tall people to find here, but tailoring is very cheap and widely used. You will not find much chance to shop for new clothes until after the orientation period ends, but from then on purchase of clothing should be relatively easy.

Your homestay will have laundry facilities enabling you to hand-wash and line-dry your clothes. There are commercial washing services available, but you will not always be in a position to take advantage of those services during the semester.

ALUMNI CONTACTS

If you have further questions, please contact your admissions counselor and/or ask an alumni contact: <https://studyabroad.sit.edu/admissions-aid/application-process/contact-a-former-student/>.

Don't miss the Packing List on the next page!

Packing List

These packing guidelines are **based** on suggestions from past students and your academic director.

GENERAL

- Two-week supply of underwear; 100% cotton undergarments are recommended to avoid skin rashes, infections, and other irritations
- One warm sweatshirt or sweater
- Several pairs of moderate-length shorts
- Comfortable walking shoes (Tevaa or Chacos are ideal)
- One or more pairs of socks (for light trekking, and for wearing with dress sandals or shoes)
- Bathing suit for the beach (modest)
- Something to sleep in (there's little privacy) and to wear to the bathroom
- 1 pair of jeans
- Flip flops
- One pair of formal clothes for trip to immigration office for visa extension
- Long sleeve shirts for observations in the jungle

WOMEN

- 3-5 long bottoms (lightweight long pants for hikes in nature)
- 1 long skirt is recommended
- 1-3 pairs of knee-length shorts
- One pair of light hiking shoes/boots
- 1-2 collared shirts or the equivalent in formality
- 3-5 modest neckline casual shirts (with sleeves!)
- One pair of flip-flops (can be purchased in Bali as well)

MEN

- 2-3 pairs of lightweight pants
- 1-2 short-sleeved shirts or polo shirts
- 3-4 pairs of moderate-length shorts
- Two or three t-shirts
- A waterproof watch
- One pair of light hiking shoes/boots
- One pair of flip-flops (can be purchased in Bali also)

TRAVEL DOCUMENTS

- Passport
- 2 photocopies of your passport stored separately from your actual passport
- Photocopy of visa (if applicable)
- 2 passport photos

HEALTH/TOILETRIES

- An adequate supply of any medication you use regularly, including birth control (drugs for use other than for medical purposes is strictly forbidden on your program and strict penalties are in effect;
- please bear in mind that while it is theoretically possible to send medications to Indonesia the customs clearance process can take months)
- A list of any medications you are currently taking with the generic name of each (if there is one)
- While there are first-aid supplies available in the Program Center and we do our best to carry an adequate supply on all excursions, it is recommended that you bring along a small first aid kit with band-aids, hydrogen peroxide, moist towelettes, and over-the-counter drugs for minor pain, diarrhea, anti-itching, and motion sickness, as approved by your doctor
- An extra pair of glasses or contact lenses and solution if needed
- Tampons (if applicable)
- Deodorant to last the whole term

OTHER IMPORTANT ITEMS

- Insect repellent with 20/30% DEET for skin and 100% DEET or Permethrin for clothing
- Binoculars
- Headlamp
- Mask and snorkel set
- Locks for your suitcases
- A watch
- One good towel
- Hat for sun protection
- Sunscreen
- Sunglasses
- Homestay gifts
- Photos of friends/family from home to show homestay family
- Computer sleeve (helpful in keeping humidity away from laptops)
- Silica gel packets – we highly recommend purchasing inexpensive silica gel packets to use when storing and carrying your computer in your backpack. You and your computer will often be in very humid conditions. Storing your computer with silica gel packets will help keep it dry and avoid problems due to moisture and humidity common in the tropics.

OPTIONAL

- Flashlight (can be purchased in-country)
- Herbal tea bags (most often you'll be served coffee and tea)
- Several sizes of zip-loc bags
- Swiss army knife (optional, but useful)
- Camera
- Soap/face wash

- Over-the-counter drugs (if needed)
- Small shower caddy
- Small wash cloth
- A few movies
- Water bottle
- Bug spray
- Travel pillow
- Headphones
- Flash drive
- Band-aids
- Rain jacket

