Tanzania-Zanzibar: Coastal Ecology and Natural Resource Management

Country Overview & Packing Guidelines

Spring 2027

Country Overview

GENERAL INFORMATION

It is difficult to overstate the importance of dressing appropriately in Zanzibar. Zanzibar is a conservative Muslim culture, and conservative dress is a must. The two biggest concerns which local people have voiced concerning foreigners is the use of alcohol and inappropriate dress. The Muslim population finds the shorts and tank tops often worn by tourists, concerning. The way you dress while you are in Tanzania will directly affect how you and your fellow students are perceived and treated. For all of these reasons, you will need to follow a dress code throughout the program. Further, local people appreciate a neat and clean appearance, and you will be much less likely to be hassled if you dress accordingly.

As you will be in tropical East Africa, the clothes that you bring should all be lightweight, washable and breathable. Your clothes will be hand washed and line-dried as a matter of routine. Despite the heat, students are not permitted to wear shorts in public. Students are not permitted to wear tank tops, sleeveless shirts, crop-tops, halter-tops, or anything else more daring than a loose but fitted t-shirt.



Do not bring sloppy clothes or clothes with immodest pictures or writing on them. Female students will not be permitted to wear skirts and dresses that are transparent or reveal their knees or arm pits and will not be permitted to wear tight-fitting pants at any time. All clothing should be modest: tops should cover shoulders and waists, skirts should fall past the knees, clothing should not fit too tight or be transparent, and plunging necklines are not acceptable. Try

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sitting cross-legged on the floor in skirts and dresses to make sure they're long enough; a skirt that barely covers the knees won't work. Mid-calf length or longer skirts tend to work best. Also, try standing outside in the sun and have someone else let you know if your skirt or dress is see-through (this can't always be determined by the wearer). Plan to buy any additional new or secondhand clothing you may need once you are in Zanzibar.

CLIMATE AND GEOGRAPHY

[Zanzibar]: AVERAGE HIGH/LOW TEMPERATURES (°F)

JAN	FEB	MAR	APR	MAY
94/78	94/78	92/76	90/74	88/70

SEPT	OCT	NOV	DEC
84/66	86/68	77/63	90/72

Zanzibar experiences a warm tropical climate, with high temperatures and humidity year-round. The average temperature is about 80 degrees, but it can be as hot as 95. Because of the ocean breezes during the daytime and the continental wind at night, the conditions are fairly comfortable. February is the warmest month while August is the coolest. There are two rainfall seasons, the heaviest from March to June and lesser rains from September to November.

LOCAL CUSTOMS

In Zanzibar, people are very friendly and it is important to acknowledge and greet people in general. It is polite to shake hands as well as to greet verbally. Most Zanzibari people do not show their emotions publicly, apart from geniality. When invited for a meal in a local person's house, we recommend you eat with your right hand and always wash your hands before starting. It is polite to try all the different foods but do not feel that you have to finish all the food on your plate. When staying with a local person, it is polite to let them know if you are going out or returning late as they will feel responsible for you.



LOCAL DIET

Participating in the local food culture is a central aspect of daily life in country. 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.We strive to accommodate serious food allergies where possible but simply cannot ensure that all dietary restrictions or non-medically mandated diets can be accommodated.

You should be able to enjoy a healthy stay in Tanzania if you drink only filtered or bottled water and are observant about hand-washing and diet. It is probably wise to consider altering your eating habits slightly while you're here. If you are a vegetarian, you can continue to be one while you're in Tanzania. However, due to health concerns, eating salads and raw vegetables is not advisable. If you don't usually eat seafood, it is wise to get accustomed to eating fish before you come. Fish here is delicious and it will be offered to you routinely. Other common foods include rice and curry dishes, chicken, beans, lots of carbohydrates, and some fried food. Breakfast usually includes tea and mildly sweet bread and is traditionally eaten between 6:30 AM-8:30AM, lunch at around 1:00 PM, and dinner between 6:30-9:00 PM.

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 (studenthealth@sit.edu). 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. 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 Healthdocument and Student Handbook on your program's predeparture page.

HOUSING

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.

On this program, you will be staying in one homestay. The homestay is with a Swahili family in Stone Town (urban). Each student will have their own room at their homestay. Bathrooms are shared and may have sit or squat toilets. Typically, homes do not have AC or Wi-Fi.

OTHER ACCOMMODATIONS

Students should expect to share a room in a small hotel or guesthouse with one or more students during orientation/launch and while oo excursions. Accommodations during ISP include

homestays, small hotels, or tents, depending on each student's location and project circumstances.

TRANSPORTATION

Anywhere in Stone Town can be reached by walking within 20 minutes. Taxis and public buses also are available in Stone Town and at most excursion locations, including on Mafia Island and in Dar es Salaam. For all group excursions beyond the city, the program hires a private bus with AC. To reach coral reefs and sandbars, the program hires a boatman and private boat with a motor. Travel between Zanzibar Island and Mafia Island and also between Mafia Island and mainland Tanzania is via commercial airplane. Flights are no longer than 35 minutes each.

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 wi-fi, 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 their home institution or, alternatively, 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.

The SIT program center provides internet access during posted hours. During overnight group excursions, the program travels with an internet modem for student use. For a modest cost, students do have the option to purchase an internet modem and service plan of their own in Zanzibar. The availability and quality of internet service can vary based on multiple on-the-ground factors.

For effective communications, students should account for the time zone difference in Zanzibar which is seven to eight hours ahead of ET (depending on daylight savings).

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, the most successful way to send a small package is by **airmail labeled 'small package' and sent with delivery confirmation services, which are available in country.** If it is necessary for someone to send you mail, then posted letters and packages should be sent to the following address:

Student Name
World Learning, Inc.
PO Box 3040
Zanzibar, Tanzania, East Africa



MONEY

Tanzanian shillings are the local currency in Tanzania and, upon arriving in Zanzibar, you should take time to familiarize yourself with the bills, coins, and rate of exchange. Whether to bring cash or ATM cards is a personal decision. Cash (particularly in US$50 and US$100 denominations) is easier to exchange and gets a better rate, but it cannot be replaced if lost or stolen. U.S. dollars that are dated at or before 2006 are NOT accepted and are very difficult to change, as there are a lot of forgeries. Traveler's checks are not accepted.

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.

We suggest that you budget between **US$550 to $1600** for out-of-pocket costs not covered by the Tuition and Housing Fees. 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. Please carefully consider your personal spending habits when creating your out-of-pocket expense budget. Some items to consider are meals not provided by the program, textbooks, Independent Study Project or Internship-related expenses not covered by the program, interpretation services, medical expenses, personal spending, and gifts. Use the average estimates below as a guide to help you plan for out-of-pocket expenses.

Please budget approximately:

Personal spending (from past student suggestions):	500 USD
Books, printing, supplies:	100 USD
Up-front medical costs:	525 USD
Potential ISP travel expenses:	100 USD
Visa:	250 USD
Tanzania Health Insurance fee:	44 USD
Typical Internet café usage:	150 USD
Estimated total:	1394 USD

Please note that up-front medical costs can vary widely. Though you are completely covered by SIT's travel insurance BlueCross BlueShield, 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, even during the ISP. 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.

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

It is difficult to overstate the importance of dressing appropriately in Zanzibar. Zanzibar is a conservative Muslim culture, and conservative dress is a must. The two biggest concerns which local people have voiced concerning foreigners is the use of alcohol and inappropriate dress. The Muslim population finds the shorts and tank tops often worn by tourists, concerning. The way you dress while you are in Tanzania will directly affect how you and your fellow students are perceived and treated. For all of these reasons, you will need to follow a dress code throughout the program. Further, local people appreciate a neat and clean appearance, and you will be much less likely to be hassled if you dress accordingly.



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knees or arm pits and will not be permitted to wear tight-fitting pants at any time. All clothing should be modest: tops should cover shoulders and waists, skirts should fall past the knees, clothing should not fittoo tight or be transparent, and plunging necklines are not acceptable. Try sitting cross-legged on the floor in skirts and dresses to make sure they're long enough; a skirt that barely covers the knees won't work. Mid-calf length or longer skirts tend to work best. Also, try standing outside in the sun and have someone else let you know if your skirt or dress is see-through (this can't always be determined by the wearer). Plan to buy any additional new or secondhand clothing you may need once you are in Zanzibar.

EQUIPMENT

You should bring small binoculars with you. A mask, snorkel, fins, and water shoes or water socks are all required equipment for the program. Have a dive shop employee help you make sure the mask and fins fit well. Take extra time to do this; the fit of the gear is its single most important attribute. Try it out in a local swimming pool. It is not necessary to bring a mosquito net; you will pay a small deposit and use a program-owned mosquito net. It is also not necessary to bring a tent unless you plan on traveling after the program. Sleeping bags are not needed as students find them to be too hot. Instead, bring a sewn-together sheet or a light 'sleeping sack.' Hiking boots are not necessary but you can bring running shoes if you like to exercise. A rain poncho or waterproof raincoat large enough to cover your backpack is recommended. Also, it is mandatory for you to bring a portable water filter or steriPEN, which can be used during excursions. The brand past students recommend is the 'system pack' which you can find at this link:

HTTP://WWW.STERIPEN.COM/STERIPEN_PRODUCTS.HTML IT CAN BE EASILY PURCHASED AT L.L. BEAN. IT IS ALSO VERY IMPORTANT TO BRING SPARE BATTERIES. FOR MORE PACKING SUGGESTIONS, SEE THE DETAILED PACKING CHECKLIST BELOW.

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).

Please see the following website for information about electricity, voltage and electrical adapters. http://www.worldstandards.eu/electricity/. SIT only has two computers, one printer, and wireless Internet for student use in the SIT office in Stone Town. Office hours are 9 AM to 4 PM, Monday through Friday.

It is also recommended that you bring a large capacity flash drive for backup and storage of photographs. You will be writing two research papers and having your own computer is very useful but not mandatory as there are internet cafes that have computers around town. If you choose to bring a computer realize that it may be exposed to high temperatures, high humidity, lots of sand, and a host of other elements that can damage it. Either bring a second-hand computer, a small cheap laptop, or back everything up on a hard drive before you leave.

Note: Macs are impossible to get fixed in Zanzibar. If you bring your own laptop, it is also highly recommended to download both Dropbox (Dropbox.com) and Google Earth before coming to Zanzibar as the Internet is generally **slower** here. Both software programs will be used for assignments, but Dropbox is also useful for backing up your own files).

Otherwise, word-processing and printing can be done at internet cafés. Some of your assignments can be hand-written, but the portfolio and ISP must be typed. Many students find access to computers during their Independent Study Projects through their advisors, local universities, or internet cafes. Expect to pay about US$1/hour for computer use at an internet café. If you bring a laptop, the computer will be your personal property and responsibility, and it's recommended that you insure it.

Before you leave, it is up to you to research the necessary adaptors, plugs, and wattage variations. You will be responsible for making arrangements to store your laptop in a secure place while on excursion. Finally, some students have recommended bringing a digital recorder to use during interviews for the Independent Study Project.

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 modest 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.

WHAT YOU CAN AND CANNOT OBTAIN IN COUNTRY

Personal items such as contact solution and face wash are available, but they may be difficult to find and somewhat expensive. Tampons and sanitary napkins are easy to find but expensive. Plan to bring hand-washable clothes, which will make your hand washing much easier. If you wear glasses or contacts, bring an extra pair. Be sure to pack enough contact lenses and solution for the whole semester. Bring your prescription, just in case. Keep in mind that most things available to you in the U.S. are also available in Zanzibar; therefore, you do not need to pack a semester's supply of shampoo and soap.

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.

Packing List sample:

GENERAL

- A frame backpack if you already own one - if not a large duffel bag works well
- 1 large (1 liter) water bottle
- A SteriPEN (UV water purification system), iodine tablets, or a ceramic hand pump (SteriPEN highly recommended, due to ease of use)
- A headlamp with plenty of extra batteries
- 2 large capacity flash drives
- Rain jacket + pack cover or a poncho that can cover your backpack
- Hat with a brim
- Sunglasses
- 1 small towel: pack-dry towels are great for the humid environment
- Small pair of binoculars for safari (really, bring them!)
- Notebook and pens: consider write-in-the rain notebooks or a few smaller notebooks for fieldwork
- Small backpack for day excursions
- Small Kiswahili dictionary
- **Snorkeling Equipment-make sure you test each piece in a swimming pool <u>before</u> you leave the US**
    - Mask/ Snorkel
    - Fins - the more compact pair (meaning shorter in length) you can find, the happier you will be

- Dive booties/ aqua socks- optional and not necessary if you bring waterproof sandals (with a back for fieldwork and wading through the ocean)

- 1 pair sport sandals (Tevas/Chacos work well and are not available in Zanzibar)

- Running shoes/ day hikers if you plan on exercising (also highly useful for mangroves, forest walks – it is easy to stub your toe in coral rag forests)

WOMEN

- 1 lightweight casual long dress – must cover shoulders and knees (You can have more made in Zanzibar very cheaply.)
- 3 long skirts (no sarongs) (Remember that you will be living in these skirts, in classes, on buses, hiking, jogging, etc. They should look nice and, most of all, be comfortable - full-skirt styles tend to be easier for sitting cross-legged on the floor)
- 1 lightweight slip - Gauzy, see-though type skirts and similar dresses will need to be worn with a slip. Past students have recommended a knee-length slip
- 2 conservative blouses or shirts that are lightweight but **not see-through**
- 1 lightweight, long sleeve safari style blouse recommended
- 4-5 lightweight, loose T-shirts or other short-sleeved shirts – must cover your shoulders but can have a v-neck (note: cotton tends to take a long time to dry in humid atmospheres and white t-shirts will quickly get dirty in Zanzibar)
- 1 week's supply of underwear (or more, if you do not like hand-washing frequently), cotton gusset/quick-dry is recommended as cotton will be quickly destroyed by laundry
- 2 pairs of socks (more if you plan on exercising regularly)
- Normal and sports bras
- Lightweight pajamas or nightgown
- 1 pair loose, lightweight capris or pants
- 1-2 pairs athletic long shorts for wearing inside
- 1 tank top for wearing to sleep/inside
- If planning on exercising: lightweight sweatpants that cover your knees
- 1-2 one-piece bathing suits (conservative, like a competitive swimmer)

MEN

- 2-3 pairs pants (at least one pair of nicer khaki type pants)

- 1 pair athletic below the knee shorts
- 2 button down shirts
- 3-4 t-shirts
- Tank top for indoor use
- 1 belt
- 1 week's supply of (cotton gusset/easy dry) underwear (or more depending on how often you want to do laundry)
- 1-2 pairs of socks (more if you plan on exercising regularly)
- Lightweight pajamas
- 1-2 pair swimming trunks
- Lightweight jacket or fleece
- Rain poncho or raincoat (waterproof) large enough to cover your backpack
- Bandana

TRAVEL DOCUMENTS

- Passport
- Any relevant vaccine records/documents
- Two photocopies of your passport, stored separately from your actual passport
- ATM card (make sure your card can be used in Zanzibar – let the bank know you will be out of the country)
- Cash – it is recommended to bring $300 cash – the rest is easily accessible from the bank and NOTE that $100 will be used for a deposit at the beginning of the semester
- Letter from your doctor explaining your medications
- Photocopy of visa

HEALTH/TOILETRIES

- Sunscreen (high SPF) – available but expensive in Zanzibar
- Aloe/after sun cream
- Small supply of medical needs – Sudafed, Emergen-C, multivitamin, Benadryl, anti-itch cream, Neosporin, band-aids Advil/Ibuprofen
- Lip balm with sun block
- Insect repellant – the mosquitoes are bad, consider bringing a mild solution for daily use and DEET for extra buggy times
- Supply of protein bars (adjust quantity based on dietary needs, **bring a lot** if you like to snack)
- Contact lens solution (available but expensive)
- 1 extra pair glasses/lenses (if you wear glasses or contact lenses)
- Motion sickness medication if you are prone to motion sickness
- Antibacterial hand sanitizer – small bottle
- Toothpaste, soap and shampoo (bring small amounts as these can be easily purchased in Zanzibar)
- Small supply of laundry detergent (easily purchasable in Zanzibar)
- **Bring all medications you normally take on a regular basis and make sure your supply will last for the whole program. Malaria is endemic in Zanzibar! Bring enough anti-malaria medication (Doxycycline, Malarone, or other prescribed medication) for the entire semester.**

OTHER IMPORTANT ITEMS

- Duct tape (small amount- you can wrap this around your water bottle for storage)
- Carabiner (very useful for water bottle)
- Duffle for leaving things in storage
- 1 pair flip-flops for daily use
- Camera – waterproof cameras are great

- Waterproof bag for camera and electronics (Ziplocs work very well)
- Supply of Ziploc bags (very handy)
- Plastic bags for laundry, etc.
- Sewn together sleeping sheet
- Mesh dive bag or dry bag
- Clothing line for indoor use (especially for undergarments – not to be hung up outside!)
- A few DVDs for leisure time (or upload movies to your computer before you arrive)
- If you have a definite interest for your ISP, bring any scientific supplies that could be useful, e.g. thermometer
- Students are encouraged to bring a battery-operated carbon monoxide detector