

Madagascar: Biodiversity and Natural Resource Management

Country Overview & Packing Guidelines

Spring 2025

Country Overview

GENERAL INFORMATION

Madagascar is a world apart, evolving from a set of unique, isolated environmental circumstances that spawned incredibly rich flora and fauna. Free from the pressures of human populations for over a hundred million years, nature followed its own unique evolutionary path. Unfortunately, many species have gone extinct since the arrival of humans 4,000 years ago, or more. The island's fragile environment is increasingly threatened due to the tremendous human pressures exerted on its diverse ecosystems.

The ecological wealth in Madagascar is matched by its cultural richness and diversity. The Malagasy are a broad ranging, complex mix of peoples from various parts of Asia, Africa, the Middle East, and Europe. There are several dozen ethnic groups, all speaking dialects of the same language, Malagasy, of Malayo-Polynesian ancestry. French is also spoken, although more so in urban than in rural areas. While English is becoming more popular with increasing contact with the outside world, it is still only spoken by a small percentage of Madagascar's population.



Madagascar ranks as one of the ten poorest countries in the world. Political instability and a rigid social hierarchy have hampered development in a country otherwise boasting abundant

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natural resources. Despite the extreme poverty, Malagasy are very friendly, and visitors are often struck by their warm and welcoming nature.

CLIMATE AND GEOGRAPHY

Sun exposure is a concern in Madagascar due to its tropical climate. Students should bring an adequate supply of sunscreen and protective clothing such as hats and bandanas.

Temperatures will vary considerably over the course of the semester. The weather is much hotter and more humid from November to April. Stark variations in temperature can also occur from daytime to nighttime, and across regions. It can thus be quite hot during the day and very cool or even cold at night.

| ANTANANARIVO: AVERAGE HIGH/LOW TEMPERATURES (°F) | | | | |
|--|-------|-------|-------|-------|
| JAN | FEB | MAR | APR | MAY |
| 79/63 | 79/63 | 79/61 | 77/59 | 73/54 |
| SEPT | OCT | NOV | DEC | |
| 75/52 | 79/55 | 81/59 | 79/61 | |

Madagascar lies approximately 250 miles off the East Coast of Africa, south of the equator. The weather is characterized by a hot, rainy season from November to April and a dry, cooler season from May to October. The amount of rainfall varies greatly by region, falling almost daily on the east coast but far less in the arid south, where rain often does not fall for months on end. While hot and humid near the coast, temperatures can drop to freezing in Tana (elevation of 4300 feet). Please note that the Madagascar Biodiversity and Natural Resource Management program will span the extremes from very hot, humid and rainy weather to very cool or even cold climates, particularly in the Central Highlands.

LOCAL CUSTOMS

Reverence for ancestors is central to Malagasy culture, where family and community are highly valued. Conflicts are typically resolved by councils of male elders who draw on ancestral wisdom and enforce traditional taboos. While men often take the lead, women are generally expected to be more passive, particularly in rural areas. They manage household responsibilities such as cooking, cleaning, and childcare. Respect for elders is crucial; one should never remain standing when they are seated and should bow and say "azafady" when passing in front of them.

Hospitality plays a vital role, with greetings typically involving a handshake and cheek kisses. Sharing food and drinks is essential, and meals often feature rice served multiple times a day, with elders being served first. When visiting a household, it's important to share any food or drinks you bring and to secure personal items that you don't wish to share. Avoid negative talk about family and friends, stepping on mats with food, or using bathroom utensils in the kitchen. Always offer food and drink when in someone's home, as refusing can be seen as impolite.

IDENTITY

SIT creates an inclusive and safe space on our programs for students of all identities. Your experience in various cultural contexts beyond SIT spaces may be influenced by how certain identities are perceived locally. We encourage students to do research and utilize resources available to you to better prepare yourself for your experience abroad. Visit our [Identity Abroad](#) page for resources on how to get started. In Madagascar, where Christianity predominates, non-normative identities may not be openly discriminated against, but overt expressions of difference can attract negative attention. While individuals who identify as LGBTQIA+, BIPOC, or belong to specific religious groups may not face direct hostility, displaying these identities publicly can lead to discomfort or social stigma. As a result, many people may choose to keep aspects of their identity private to navigate the cultural landscape safely.

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.



Meals are eaten three times a day: generally early in the morning, around noon, and in the evening. Meals are usually shared with family members, who consider it important to be together at mealtime. Food is important to the Malagasy, and the staple of their diet is rice. Malagasy eat more rice per capita than any other nation in the world - nearly two pounds per person per day. It is generally served heaping on a plate or bowl with a small amount of meat, beans, or vegetables on the side. In Malagasy there are two words to describe food: vary (rice) and laoka (the sauce served with rice). You will be expected to follow the diet of your family; therefore, you will eat a lot of rice. Meat is important culturally and is eaten whenever financially possible. Lentils and beans are also frequent accompaniments. It is easier to be a vegetarian in Madagascar than vegan. If you are vegan and it is at all possible for you to change your diet to be vegetarian while you are on the program, your stay in Madagascar will be made easier.

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](https://www.state.gov) website and search their [Countries and Areas Archive](https://www.state.gov/countries-and-areas/) for international travel information and current travel advisories for each country. Search the Center for Disease Control [Traveler's Health](https://www.cdc.gov/travel/) 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.

On this program, you will be staying in two homestays. Your first homestay will be with a family in the capital city, Antananarivo. This stay will begin shortly after your arrival and will continue whenever we are in Tana. The host families come from diverse socioeconomic backgrounds, and while some may live in a more "Western" manner, it's important to remember that all families are Malagasy and reflect their rich culture. Your experience will vary based on your family, which could include host parents who are teachers, accountants, government employees, auto mechanics, chauffeurs, small business owners, restaurateurs, farmers, tailors, and more. You will also have the chance to live with a Malagasy family in a rural village near Moramanga, in the Andasibe area. Conditions in the rural setting may be more basic than in Antananarivo, but this will undoubtedly be an unforgettable learning experience. Please note that most homestay families do not have Wi-Fi at home, and showers may be limited to bucket showers with squat toilets. Additionally, houses in Madagascar typically do not have air conditioning.

OTHER ACCOMMODATIONS

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

TRANSPORTATION

For long excursions, travel will primarily be by road. Within towns and between them, school buses will be the main mode of transportation. In Tana, you can choose to walk or take the bus. During your village stay, you will have the option to walk or use a local taxi-brousse or tuk-tuk to get around.

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.

Please let your friends and family know that communication to and from Madagascar can be difficult even with recent improvements in telecommunications technologies. The Madagascar program staff will contact SIT Study Abroad in Vermont upon your arrival to confirm that everyone has arrived safely. Assure your friends and family that no news is good news, and that in the event of an emergency, SIT will contact your family immediately.

Most urban areas in the country have network coverage, and many rural areas are now covered as well, although the more isolated areas remain out of reach. Calling the U.S. is still expensive, but texting is reasonable, and receiving calls and texts (from anywhere in the world) is free. There is no subscription fee or monthly charge - you simply purchase a phone and a local SIM card and buy minutes as you go. Please keep in mind time differences as you and family/friends at home make plans for communication.

Students should keep in mind that the connection is not what they will be used to in the United States, and that they will need to purchase their own credit for personal use of the internet. Many students also choose to use their smartphones for internet connectivity. It is important to bear in mind that electricity is not a 24hour a day service in Madagascar, and so bringing a high-capacity, good quality power bank for recharging phones is very strongly advised.

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 and FedEx services are available in the 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
VN41 A Bis Ambohitsoa
101 Antananarivo

Madagascar

Packages should be sent to the following address via **DHL or FedEx**:

Student Name
VN41 A Bis Ambohitsoa
101 Antananarivo
Madagascar

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 the ISP are the students' responsibility.** Please plan accordingly.

The local currency is the Malagasy Ariary. Having various options for obtaining cash in local currency will provide you with greater flexibility, so we recommend bringing the funds you'll need in different forms. While credit cards are now more widely accepted than before, they cannot always be relied upon. U.S.-issued ATM and debit cards (Visa) can be used to withdraw local currency in all major cities and towns, though each transaction incurs a small service charge similar to what you would pay in the U.S. for non-affiliated ATM withdrawals. Cash is typically used for most daily transactions, and the use of checks, traveler's checks, and credit/debit cards for direct purchases is quite rare. Please note that only a few ATMs in Madagascar accept Mastercard.

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 **\$1,250-1,650**. 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): | \$500-700 USD |
| Books, printing, supplies: | \$50 USD |
| Up-front medical costs: | \$500 USD |
| Potential ISP travel expenses: | \$100-200 USD |
| Internet modem/cell use: | \$100-200 USD |
| Estimated total: | \$1250-1650 USD |

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, cancellation 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

Clothing styles in Madagascar can vary widely based on social context, so we encourage you to dress modestly and respectfully while remaining open to local styles. Choose washable, breathable fabrics like drip-dry cotton or cotton blends for comfort in varying temperatures. It's wise to pack a mix of warm-weather clothing along with layers such as a fleece, light jacket, or windbreaker for cooler evenings, especially at higher elevations. Since laundry is done frequently by hand, you won't need a large wardrobe—just enough versatile pieces that travel well.

As you prepare your wardrobe, consider the diverse activities you may engage in, from hiking in national parks to attending formal events. While you can find some clothing in Madagascar, it's best to bring most essentials with you, particularly items like underwear, as choices and prices are generally better in the U.S. Don't forget a bathing suit for swimming opportunities! Keep in mind that your appearance and behavior will influence how local people perceive you. The Malagasy tend to dress more formally than you might at college, so opting for modest, neat clothing that serves multiple purposes is the safest bet. Ultimately, choose items that reflect your personal style while ensuring comfort in a variety of situations.

EQUIPMENT

A lightweight sleeping bag and pad are essential, as you will be camping during excursions. Some students may also choose to go to rural areas for their Independent Study Projects (ISPs). Given the frequent hiking and camping, it's crucial to have good footwear that's already broken in and comfortable for muddy or rocky trails. Chaco-type sandals are very practical for daily wear in Madagascar, while some students prefer boots for hiking.

Be sure to bring a quality flashlight, preferably a headlamp (with a spare bulb if it's not LED), and extra batteries. A Swiss Army-style pocket knife is also recommended—just remember to check it in, as it will be confiscated if you try to carry it on the plane. A good raincoat, ideally a Gore-Tex brand, is strongly recommended, especially during the spring semester when January to March is the rainy season. Since many activities will take place in the rainforests of

Andasibe and Maromizaha, having your own tent will be invaluable during your ISP if you plan to stay "en brousse," which is common among students. While the program provides some tents for excursions and personal use, bringing your own is advisable. Additionally, a water carrier, such as a wide-mouth bottle or a container with at least a two-liter capacity, is necessary. While bottled water is available locally, bringing a personal water filter can be very useful for students in rural areas. Lastly, a mosquito net is important; while they can be found locally at lower prices than in the U.S., it's a good idea to have one on hand.

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/>.

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.

Former students have recommended Frisbee, family card games like Uno, postcards, or souvenirs from your college bookstore as gifts.

WHAT YOU CAN AND CANNOT OBTAIN IN COUNTRY

While in our globalized world many manufactured goods are now available here in Madagascar, many of them are imported, meaning they are more expensive. Technology

items like computers, data storage, photographic accessories and the like are becoming more available and relatively less expensive here, but they are still cheaper and more readily available in the U.S.

Depending on your tastes and needs, you could consider bringing enough toiletries to last the semester from the US. However various local and imported toiletries are available here as well. Although there will certainly not be all the brands and types available at home. School supplies like pens and notebooks are available in Madagascar but are not necessarily of the same quality to which you might be accustomed in the US (and a Rite in the Rain style notebook is a very good idea for your field journal). In case you forget any clothing items, there are many flea markets with good prices for relatively decent clothing in-country.

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

- Laptop Computer
- Camera
- 3 or 4 pairs of light outdoor pants (outdoor pants convertible into short is recommended)
- 2 sweaters and/or a fleece
- 10 days-worth of underwear (more if you do not want to hand wash on a daily basis)
- Waterproof Coat (Gore-tex brand coat is recommended)
- Lightweight all-terrain sneakers or durable hiking shoes (a good, well worn-in pair) and socks.
- Chaco / Teva-type sandals
- Flip-flops
- Hat

AND...

- 1 nice skirt/top or dress for formal occasions
- 3 or 4 casual skirts or dresses or lightweight pants and tops for daily use (depending on what you are normally comfortable in)
- 5 or more t-shirts/tank tops
- 1 or 2 long-sleeved shirt and long pants for hiking or fieldwork in the forest
- 1 or 2 bathing suits (bikinis are OK, although a one-piece is recommended for modesty)
- 4 or 5 sports bras

OR...

- 5 or more t-shirts
- 1 pair of dress pants (khakis OK) and collared shirt for formal occasions
- 3 or 4 casual shirts and pants/shorts
- 1 or 2 bathing suits (shorts style)

TRAVEL DOCUMENTS

- Passport
- Yellow WHO Card (see the Safety, Security, and Health document for more information)

- Two photocopies of your passport (photo page and Madagascar visa page) stored separately from your actual passport

HEALTH/TOILETRIES

- Towel
- Water filter if you anticipate an ISP in a rural location
- Adequate supply of any medication used regularly
- Extra pair of glasses or contact lenses (Bring contact solution for the whole semester. It is possible but difficult to obtain it in Madagascar.)
- First aid kit that includes: pain reliever, bandages, antibiotic cream, thermometer, anti-diarrhea medicine, tweezers, moist towelettes, disinfectant, motion sickness medicine, laxatives, small sewing kit, calcium, multi-vitamins, insect repellent, and your full semester supply of malaria prophylaxis.
- Sanitary supplies/tampons
- Toothpaste and floss
- Mosquito repellent (< 30% DEET)
- Sunglasses
- Sunscreen (20+ for sensitive skin)
- Hand sanitizer that contains at least 60% alcohol for use when soap and water is not readily available
- Anti-bacterial wipes or solution to wipe down high-touch surfaces, especially when traveling from and to the US

OTHER IMPORTANT ITEMS

- Driver's license or another form of identification
- Money belt large enough to hold a passport and **(to be worn inside your clothes), with a means of waterproofing your passport.**
- Plane tickets
- Backpack with an internal frame
- Small daypack for hikes
- Drybags/Canoe bags – to be able to ensure that your laptop, passport, money and important paperwork can be kept dry in the rain.
- Small good quality flashlight (preferably a headlamp) spare batteries, and extra bulb if not an LED version.
- Swim goggles for those who enjoy swimming
- 2 Miniature combination locks or small key locks for luggage
- Lightweight sleeping bag. (A sleeping pad is also highly recommended)
- Water carrier to accommodate 2+ liters of water

OPTIONAL

- **Strongly recommended!** 1-2-person tent (Bring if you have one; a tent is optional, but **highly** recommended, especially if you are considering doing an ISP in a rural area or conservation site.)
- Good notebook (we do fieldwork in the rainforest and so recommend bringing one Rite in the Rain style notebook to serve as your field journal) as well as pens and pencils
- Spare batteries for all battery-operated items

HAND LUGGAGE

In case of lost luggage, it is important that you pack some spare clothing in your hand luggage:

- 1 pair of light outdoor pants/skirt/shorts
- 2-3 tops/T-shirts
- 2-3 underwear
- Flip flop
- Hat