



Summer 2009 Packing List

Clothing:

A note on the dress code: Karkar Islanders dress modestly. Girls should avoid spaghetti straps and, particularly when teaching, wear shirts that cover the shoulder and skirts/pants that reach the knee. For everyone, the more loose, lightweight, and quick-drying your clothing is, the better (it tends to mildew on the line otherwise). If you're interested in adopting true Karkar style—on the cheap—you may want to just plan to complete your summer's wardrobe at Madang's thrift stores upon our arrival. (Suitable—though not necessarily eye-catching—dresses can be found for \$2.)

Guys:

- 2 pairs of shorts
- 1 lightweight pair long pants (for teaching)
- 2 t-shirts
- 2 lightweight button-down shirts (for teaching)
- Swim shorts

Girls:

- 2 skirts or two dresses/jumpers (sack-like and easily found in Madang)
- at least 1 pair of shorts/pants *below the knee* that are comfortable for hiking
- 3-4 t-shirts (one might be a tank top for wearing outside the classroom)
- Swimsuit (a two-piece is okay as long as you're willing to wear a t-shirt over it when bathing)
- 1 pair of nylon sports shorts for swimming

All:

- 1 pair general & water-wearable shoes: flip-flops that you don't mind getting wet, or Tevas, Crocs, etc.
- 1 pair hiking shoes or sneakers
- 2 pairs of socks (at least)
- A week's supply of underwear (girls—sports bras are great)
- Lightweight rain jacket (or poncho)
- Sleepwear

Toiletries

- Toothbrush and toothpaste, floss
- Listerine
- Soap and/or bodywash
- Shampoo/conditioner (biodegradable is better since you'll be using it in the

ocean, but not necessary—they'll be using just regular products...and coconut shavings)

- Deodorant
- Razor
- Lotion
- Nail-clippers
- Chapstick
- Feminine products (OB tampons or ones with biodegradable applicators are best)

Health care:

- *Medicine:*
 - Filled prescription of a **malaria prophylactic**. Malarone is recommended, Lariam and Doxycycline are also options (but keep in mind that the former can cause hallucinations and the later makes your skin extremely sensitive to sun).
 - Filled prescription of **Cipro** (4-6 days worth) for treating possible intestinal parasites.
 - Anti-diarrheal medicine like Immodium.
 - Pepto Bismol
 - General nasal decongestant (Claratin, Sudafed—or Benedryl if you have allergies)
 - Ibuprofen or Advil
 - Dramamine! (for ferry rides)
 - 1-2 boxes of band aids—cuts take longer to heal because of the humidity, and flies will be attracted to open sores
 - Hydrogen peroxide for treating cuts
 - Neosporin
 - An ace-bandage
 - *Any prescription medications, and the prescription for them.*
- *Skin protection*
 - Sunscreen (SPF 45). One option is to take a combo bug repellent/sun screen.
 - 2-3 bottles of DEET or other mosquito repellent. (Or you can take just a bottle of 100% DEET and then dilute it.)
 - After-bite (this works wonders on itchy mosquito bites)
 - Aloe vera (large bottle highly recommended)
 - A rash/burn cream (like hydrocortisone) is also a good idea
- *Sanitation supplies*
 - Filtering water bottle (or one that does UV treatment)
 - Hand sanitizer (depending on how germophobic you are—soap also does the trick)
 - Rubber gloves (I'll buy a large box, and distribute pairs)
 - Alcohol wipes

- Iodine water tablets-just in case your water bottle isn't at hand
- *Vitamins* (optional, but highly recommended)
 - A general multivitamin, including the following or supplemented with the following:
 - Iron
 - Calcium
 - B12 (supposedly reduces mosquito attraction)
 - Grapefruit seed extract for general immune system boost
 - Echinacea

Miscellaneous:

- Mosquito net
- Filtering water bottle
- Battery-using camera
- Headlamp or flashlight (or both)
- Batteries! These can be bought on the island, but I'd recommend taking a stash with you.
- Goggles or a snorkeling mask
- Waterproof watch w/ alarm (or also take an alarm clock)
- A sheet or sleep sack (a sewn-up sheet)
- Pictures of friends, family, hometown, Stanford, and American in general. Putting together a book of mementos to show off is a great idea. Also, expect to leave pictures of yourself and family with hosts.
- Sun glasses (and an extra pair isn't a bad idea)
- Gifts for hosts (e.g. any clothing with American names on it, bags/totes, CDs)
- Decks of cards (you'll attract many followers quickly with these)
- Towel and washcloth—the quick-drying ones are best (and get the least mildewy)
- Ziplock bags—enormously useful for storage and keeping bugs out of food and clothing
- A small bag or backpack with enough room to carry a camera and change of clothes (until you are supplied with a *bilum*)

Optional:

- Journal (highly recommended)
- Extra pens and paper (another notebook for lesson plans, etc.)
- Hat
- Protein or Cliff bars—these can make for a great breakfast treat and fill in protein gaps as needed
- A favorite snack food for those moments you really just need a bit of home-munching
- A compass
- An extra digital camera card
- Sleeping pad (houses may or may not have beds)

- An iPod with your favorite music (a simple, cheap speaker can be bought on the island)
- A few rolls of (biodegradable) toilet paper, though rolls of a lesser quality can be bought on the island.
- Passport pouch

General tips:

- Avoid over-packing by packing early, and eliminating/adding things as necessary.
- Generally, don't bring things requiring electrical charge (though it may be possible, and people with iPods found sources).
- Count your malaria prophylactics to make sure you have enough for the whole summer *before* you get to the LAX airport (I learned this one the hard way).