Subterranean Zanzibar: Foragers, Ritual, and Caves on the Swahili Coast, Tanzania

Program Information

PROGRAM SPECIFIC FIELD CONDITIONS

What are the average weather conditions during the time of the field school?

In Zanzibar, the temperature will vary between 71F to 85F between the day and night in June-July. These months technically lie within the dry season, but students can expect some rain to the extent that our excavation activities could be affected. The average rainfall in June is about 468mm, while the average during July is 48mm. The *Kusi* winds blow from the southeast during June and July, with wind speeds reaching 14mph on some days. The humidity hovers around 75% in June and July, but is mitigated by the breeze and the temperature. Students should expect to work in the shade (as we will be excavating caves), but the humidity is often higher inside Zanzibar's caverns and within archaeological trenches. The field station is amply equipped with ceiling fans and students will be provided with light cotton blankets. Even if the electricity to the field station/village is cut off, students will not be uncomfortable in the least.

Please describe the site(s) where the students will work.

Students will stay in a field station situated in the village of Mfumbwi (Jambiani), which lies on the southeast coast of Zanzibar's main Island (Unguja). Sorting and processing of artifacts will take place in the field station, which is very comfortable, being located close to a beach and well-shaded with large trees. The ethnographic work will be conducted in the village of Mfumbwi, where students will visit the homes of those for whom caves are significant. These homes may not be connected to the electric grid, but the ambient temperature will be pleasant within these traditional homes. Students will likely have to sit on the floor as they participate in ethnographic interviews or partake in meals. The regions we will excavate in caves are well-shaded, but will likely be dusty and more humid than the surrounding area. The caves are located in rural areas and accessible by foot or dirt tracks.

Are there special features of the program site?

The field school is based in Jambiani, a coastal village on the southeastern shore of Zanzibar, renowned for its vibrant maritime culture, coral rag architecture, and breathtaking lagoon and reef ecosystems. Students will work alongside local fishers, shellfish gatherers, and craftspeople, gaining direct experience with Indigenous knowledge systems and traditional techniques such as boatbuilding, net weaving, and shell processing. The site is within easy reach of several major archaeological and cultural landmarks, including Kuumbi Cave, Unguja Ukuu, and Kizimkazi Dimbani, providing a rich context for understanding Zanzibar's deep history of Indian Ocean trade and cultural exchange. The field station itself offers an immersive ambiance (situated by

the sea and integrated with the local community) creating a unique environment for collaborative, hands-on learning in archaeology and ethnography.

Will there be other people onsite with the field school or working in the same area?

The field school will operate in close collaboration with the Department of Museums and Antiquities of Zanzibar and the State University of Zanzibar. Government archaeologists, heritage officers, and community-based archaeological workers will regularly be present on site, participating in excavation, recording, and conservation activities. Local religious specialists, elders, and other important community members will frequently visit the field station to discuss the significance of caves to the local community and to recount oral histories associated with them. This partnership ensures that students work side by side with Zanzibari professionals and community members, fostering a collaborative and inclusive environment that reflects the island's long-standing commitment to heritage stewardship and knowledge sharing.

What does an average week look like?

An average week in the field school combines hands-on excavation, laboratory training, and evening discussions in an immersive learning environment. Mornings (7:00–1:00) are devoted to excavation at cave sites in Zanzibar, where students rotate between excavation units, flotation, and mapping activities under the supervision of professional archaeologists and community heritage workers. Afternoons (3:00–5:30) focus on laboratory work, including washing, sorting, and cataloging artifacts, as well as basic zooarchaeological identification and recording. Evenings (7:30–9:00) feature informal lectures, seminars, and group discussions held over dinner, linking field observations to broader archaeological and anthropological themes. Fridays, and occasionally Saturdays, are free days, allowing students time to rest, explore the island, or engage with local community life.

What are the options for students to access money?

Students will be able to access ATMs near the field station that accept international Visa and Mastercard debit cards for a small fee. However, students should bring about $500 in cash for exchange just in case. There are numerous licensed foreign exchange stores where students can exchange their USD for Tanzanian Shillings. However, students should note that the exchange rate is extremely low (1 USD = ~2400 TSH) and the highest denomination available is 10,000 TSH, which means that carrying large wads of currency notes is not uncommon. Students should bring a lockable, tamper resistant, and cut-proof backpack to store their money and other valuables. Finally, while many places now accept card payments, they often charge a service fee for doing so and Zanzibar as a whole remains a cash economy.

ACTIVITY LEVEL & ACCESSIBILITY

Please provide information about the physical requirements of the program.

Excavation during this program entails moderately strenuous physical activity in a tropical coastal environment. Students should expect to lift, bend, kneel, and crouch for extended periods while excavating, screening, and mapping. The cave sites are accessible by foot, often requiring walks of up to 2km over uneven terrain, coral rag surfaces, and sandy coastal paths. Participants should be prepared for sustained outdoor work, including carrying equipment and buckets of sediment, and for careful footing in sometimes slippery or confined spaces. Physical

stamina, adaptability, and a commitment to safety and teamwork are essential for successful participation.

Please comment how accessible your site is for people with mobility challenges. Would someone using a wheelchair be able to participate? Someone who uses crutches or other assistive walking devices?

The primary excavation sites for this program are located in cave and coastal environments that unfortunately present significant accessibility challenges. The terrain includes uneven ground, coral rag outcrops, sandy paths, and occasional steep or narrow cave entrances that make wheelchair access infeasible. Participants using crutches or other assistive walking devices may also find it difficult to navigate the excavation areas safely. However, the field station, laboratory facilities, and many evening lectures or ethnographic activities in Jambiani village are more accessible and can be adapted to accommodate participants with limited mobility. I am committed to inclusivity and will make every reasonable effort to adjust assignments and roles (such as laboratory work, artifact analysis, or community-based research) to support participants with mobility challenges.

PROGRAM COUNTRY & CULTURAL INFORMATION

What do you love about the country and area you work in? What do you think students will be most excited to discover?

I love Zanzibar's combination of deep history, vibrant living traditions, and stunning natural beauty. The island has been at the heart of Indian Ocean networks for centuries, and that heritage is still visible in its architecture, cuisine, and seafaring culture. Students are usually excited to discover how seamlessly the past and present come together: archaeological ruins stand alongside thriving villages, while oral histories, fishing practices, and foodways still connect people to a wider world. The warmth and generosity of Zanzibaris often make as strong an impression on students as the research itself.

How large is the community where students will be staying? Will students have opportunities to interact casually with local residents? Please describe.

Students will stay in Jambiani, a fishing village on Zanzibar's southeast coast with several thousand residents. It is large enough to have multiple neighborhoods, shops, and cafes, but small enough that students will quickly become familiar faces. Casual interaction with residents is inevitable, whether through conversations on the beach, visiting the local market, or playing soccer in the evenings. Because the field station is within the community itself, students will be part of daily rhythms rather than set apart from them.

Primary languages spoken by people in the area:

The primary language is Swahili (Kiswahili), though English is widely understood, especially among younger generations and those working in tourism. Arabic terms are also common in everyday vocabulary, a reflection of the island's long history of Indian Ocean connections.

What are some things students may find surprising about the local culture?

Many students are surprised by the pace of life - it is slower, more communal, and less driven by rigid schedules than they may be used to. They may also be struck by the depth of Islamic traditions that shape daily life, from the call to prayer echoing across the village to the rhythm of fasting and feasting during Ramadan. Food can also be an eye-opener: coconut, cassava, and freshly caught seafood are staples, but the range of spices (clove, cinnamon, cardamom) reflects Zanzibar's global ties and makes even simple dishes memorable.

Are there cultural aspects that students should be aware of before they come, particularly behaviors that could be offensive or misinterpreted (for example, eye contact, dress, gestures)?

Yes. Zanzibar is a predominantly Muslim society, and respectful dress is important. Students should cover shoulders and knees when outside the beach, field station, or other tourist areas. Public displays of affection are frowned upon, and modesty in behavior is generally valued. Eye contact is welcome, but direct confrontation or raising one's voice is considered impolite. Alcohol consumption is restricted to certain areas; it should not be assumed that it is acceptable in public or village settings. Touching between men and women, including handshakes, may be avoided by elders and the devout.

What cultural enrichment opportunities are students likely to have outside of the program?

Students will have many enrichment opportunities. In Jambiani itself, they can visit seaweed farms or learn traditional dhow sailing. Stone Town, about an hour away, offers world-class museums, historic buildings, spice markets, and lively cafes. Performances of Taarab - a syncretic Zanzibari musical tradition - can also be arranged. Depending on timing, students may also witness local festivals such as Sauti za Busara (a major music festival) or Mwaka Kogwa (a Persian-inspired New Year celebration held in July). Even simple evenings spent at village tea stalls or coffee shops provide cultural immersion.

Will students have opportunities to explore other areas of the country?

Yes. Zanzibar is well connected by public buses (dala-dala) and taxis, making it relatively easy to explore nearby villages, beaches, or Stone Town during unscheduled time. Organized trips can also be arranged, such as boat excursions to offshore islands, visits to spice plantations, or wildlife reserves like Jozani Forest (home to the endangered red colobus monkey). Students will have a balance of structured field activities and free time for exploration. For those interested in mainland Tanzania before or after the program, ferries and short flights connect Zanzibar to Dar es Salaam, and from there to the Serengeti or Kilimanjaro.

ACCOMMODATIONS & MEALS

Please describe student accommodations.

Type & Setting: Students will stay at a large house/field station in the fishing village of Mfumbwi (part of Jambiani, on Zanzibar's southeast coast). The house is surrounded by a garden and designed to host research teams.

Rooms:

- Two guest bedrooms are available. The larger can sleep three, the smaller holds two.
- Additional sleeping spaces include the lab/workspace, the living room with Swahili-style concrete benches (baraza), or other corners of the house. Students receive thin mattresses, pillows, and blankets.
- Private rooms are **not possible** at the field station.
- If students would prefer privacy, they may bring a small, single-person tent with them that can be set up on the grounds or inside the field station building itself. Students should select tent models that can be set up without being staked to the ground.

Bathrooms:

- Three bathrooms with showers, sinks, and western-style toilets. Two are connected to water heaters; one may be cool-water only. Bathrooms are cleaned daily.

Common Areas:

- Living room with baraza benches, dining room, lab/workspace, and kitchen.
- A shaded garden with fruit trees (banana, pomegranate, coconut) surrounds the house; the beach is a 7-minute walk away.

Utilities:

- Water: Connected to government supply with a cistern backup; lorry tankers purchased if supply fails.
- Electricity: Supplied by government credit system; outages possible (plans for solar panels and emergency generator).
- Internet: Wi-Fi enabled (slow, data-limited; video calls possible but no streaming).

Security:

- The house is walled with glass-topped concrete fencing, steel gate, and a night watchman.
- Students follow sign-out/sign-in and buddy systems for movement outside.

Please describe how/how often students can do laundry.

Local women hired as custodians sweep, clean, and wash clothes daily. Students are expected to treat them respectfully and help with cleanliness when needed. Students should expect to wash their own underwear.

How are room assignments made? If rooms are assigned according to gender, how will you assign rooms for non-binary, trans and queer students?

- **Default assignment**: Men with men, women with women, in line with local cultural expectations.
- **Non-binary, trans, queer students**:
    - The director notes personal sensitivity to LGBTQ+ concerns but also explains the real cultural and legal risks in Zanzibar.
    - Students may need to “pass” as male or female for safety and cultural comfort.

    - Private or separate rooms are not possible, though students are welcome to bring a small personal tent.
    - The director will meet privately with LGBTQ+ students to discuss safety, expectations, and support during the program

Please describe typical meals that are offered by the program.

- All meals are provided by a local cook (Mr. Idi), trained in hotel kitchens and able to prepare food for large groups.
    - Packed lunches on excavation/research days.
- Food & dietary needs: Vegetarian options possible. Pork is strictly excluded out of respect for Muslim community members. Students should bring personal snacks if desired.
- Typical meals: Freshly prepared Zanzibari-style dishes with fish, shellfish, various kinds of meat, rice, cassava, coconut, vegetables, and fruit. Meals are communal, sometimes with local guests.
- Water: Purified bottled water (large dispensers in the field house). Students are advised not to drink tap water and to use purified water for brushing teeth. Fresh coconuts are also available locally for coconut water.
- Illness precautions: Kitchen cleaned daily, insecticide used, only purified water for cooking, and fermented yogurt offered to settle stomachs. Nonetheless, stomach upset is common. Students are advised to bring stomach medicines and broad-spectrum antibiotics in case.
- The program can accommodate vegetarian, Kosher and Halal meals.

VISA AND PERMIT REQUIREMENTS

Indicate the visa requirements, if any, for US citizens. If there is a visa requirement, what type of visa should students apply for?

Upon arrival, students must make sure that they specifically request a research visa at the airport, which will likely cost $250, instead of a regular tourist visa, which costs $50. Students should provide officials at the airport with a physical copy of the reference letter sent to them by the project director. This letter will be tailored to each student and name them specifically. In addition, the letter will describe the project and provide the contact information of key project personnel and officials in the DMA. Students must also ensure that their passports are properly stamped and that they collect a receipt for the visa fee they pay. Before exiting the visa processing area, students should verify that the visa covers the entirety of their stay in Zanzibar. As the program director and other project personnel will be unable to enter this part of the airport, students must navigate this process on their own.

If visa or permit requirements are coordinated by the project director, please describe the process, including what documents students will need to provide and deadlines.

An application for a research permit must be submitted to the DMA for the project director, each student, and all non-Zanzibari project personnel. This application will require a passport photo (can be acquired locally) and copies of passports and research visas (can be acquired locally). Photocopying machines are readily available near the field station, but students should err on the side of caution and arrive with a few photocopies of their passports just in case. After processing our applications, officials from the DMA will accompany us to the police headquarters in Stone Town where we will be finger-printed and our histories checked to ensure that we have not been arrested before in Zanzibar. Once the research permit has been acquired for the project as a whole and each non-Zanzibari project member, copies of the research permits must be sent to the district administrator who has jurisdiction over the region of the field station and to the chief (Sheha) of the village. If an excavation site is in a different jurisdiction, copies of the permits must be sent to the relevant district administrator(s) and Sheha(s). At least 3 copies of the research permit must be carried at all times to present to various officials if need be.

All in all, the process takes a few days at the beginning of the program, during which time students can settle in and get over their jetlag.

TRAVEL (TO AND DURING THE PROGRAM)

If students will fly, what airport should they fly into?

Students will fly into Abeid Amani Karume International Airport in Zanzibar (ZNZ).

If there are other ways students can get to the program, please describe.

Students can also fly into Julius Nyerere International Airport in Dar es Salaam and take the ferry to Zanzibar, but this is not recommended. As Zanzibar is an island, students must fly or take the ferry.

Where will you meet students?

I will meet students at the airport in Zanzibar. In the unlikely event that I cannot pick up students myself, I will ensure that trusted project staff are present with placards just outside the airport building's exit. Students will not be expected to find their way to the field station. Because of this, it is imperative that students provide their flight arrangements in advance of the program.

If the field site is not close to student accommodations, how will students get there? How long does it take?

I will arrange for transportation between the field station, the excavation site, Stone Town, and any other location to which we cannot walk. The excavation sites are about 20 minutes' drive away from the field station, while ethnographic interviews will be conducted in the village in which the field station is located. Students can walk to the homes of the interviewees with ease.

Are there any other aspects of the program, site, or location you want students to be aware of before they arrive?

Students should be aware that the program takes place in a small coastal village where daily life follows local rhythms shaped by tides, fishing schedules, and community events. The pace can be slower and more communal than many are accustomed to, with an emphasis on respect, adaptability, and collaboration. Zanzibar's tropical climate means that days are warm and humid, and occasional rain or hours-long power outages are part of normal life. Internet access can be limited, and students should be prepared to disconnect and engage fully with fieldwork and community life. Modest dress is expected in public spaces, in accordance with local cultural norms. The experience is immersive and rewarding, offering not only rigorous archaeological training but also the opportunity to learn from and work alongside local residents, researchers, and heritage professionals in a spirit of mutual respect and exchange.

EQUIPMENT LIST

☐ 1-2 Marshalltown or Tasuki trowels, preferably pointing trowels.

PACKING LIST

This checklist includes recommended items for all students, with considerations for gender diversity, religious practice, accessibility, and comfort. Please review and modify based on your individual needs. Some items you need may have been inadvertently excluded, and you may not require/want all the items listed below.

Clothing & Modesty

☐ 7–10 pairs of breathable cotton underwear
☐ 1-2 pairs of polarized UV-protected sunglasses
☐ 3–5 sports bras or supportive bras
☐ 1–2 supportive compression garments or chest binders
☐ 1–2 light sweaters or fleeces (it can get a little chilly after it rains heavily)
☐ 1–2 pairs of long loose skirts or dresses (see sections on cultural sensitivity in the proposal and syllabus)
☐ 3-4 pairs of shorts (mid-thigh length or longer)
☐ 2-3 sets of sleepwear (lightweight and modest)
☐ 3-4 pairs of long cotton pants to wear in the field station
☐ Flip-flops or sandals for use in the field station compound and for showering, if preferred
☐ 1 rain jacket or poncho (lightweight, packable)
☐ 5 -7 breathable short-sleeved shirts or T-shirts (for use in the field station compound and relaxed setting)
☐ 1–2 nicer outfits for town visits or cultural events (keeping in mind local conceptions of modesty)
☐ Sun hat
☐ Packable laundry bag or dry bag

☐ Sarong or kikoi – available locally (extremely versatile – can serve as towel, modesty cover, skirt, curtain, beach cloth)
☐ Loose, modest clothing for cultural respect
☐ Light scarf/shawl for covering shoulders or head
☐ Compression undershirts or gender-affirming clothing
☐ Black leggings or loose pants for menstruation comfort
☐ Religious-specific undergarments or garments
☐ Rash guards, swim shirts, board shorts for swimming

Medical Supplies Checklist for Zanzibar Field School

☐ Personal prescription medications (with copies of prescriptions, enough for the entire duration of the field school)
☐ Anti-malarial medication (e.g., Malarone or doxycycline)
☐ Antihistamines (for allergies or insect bites)
☐ Pain relievers (e.g., ibuprofen, acetaminophen)
☐ Broad-spectrum antibiotics
☐ Antiseptic cream or wipes
☐ Blister treatment (e.g., moleskin, blister bandages)
☐ Band-aids and gauze pads
☐ Anti-diarrheal medication (e.g., Imodium)
☐ Laxatives
☐ Oral rehydration salts (ORS) or electrolyte packets
☐ Insect bite/sting relief (e.g., calamine lotion, hydrocortisone cream)
☐ Small thermometer
☐ Tweezers and small scissors
☐ Hand sanitizer and wipes

Toiletries & Personal Hygiene – your preferred types/brands may not be available locally

☐ Menstrual products (pads, tampons, menstrual cups)
☐ Nail clippers and file
☐ Razor and shaving supplies
☐ Shampoo and soap bars – a disinfectant soap bar such as those produced by Dettol or Savlon is recommended
☐ Deodorant (stick preferred) – you'll need this in abundance, trust me.
☐ Toothbrush, toothpaste, floss
☐ Moisturizer or lotion
☐ Sunscreen
☐ Lip balm with SPF
☐ Contraceptives, condoms, and prophylactics – see field school rules concerning personal relationships.
☐ Small mirror
☐ 1-2 compact microfiber (quick dry) towels
☐ Eyeglasses and backup pair/contact lenses and solution
☐ Lens wipes for your glasses

Documents & Money

- ☐ Passport (with 6+ months validity)
- ☐ Student ID or photo ID
- ☐ Multiple copies of passport, ID documents, visa, insurance info
- ☐ Emergency contact list (printed and digital)
- ☐ USD cash, debit/credit cards
- ☐ Travel insurance and health insurance cards
- ☐ Yellow fever vaccination certificate
- ☐ Digital and physical copies of permits/permissions

Tech & Communication

- ☐ Phone and charger
- ☐ Universal power adapter
- ☐ Portable power bank (solar chargable is best)
- ☐ Travel alarm clock or digital watch
- ☐ Headphones (noise-cancelling recommended) or earplugs
- ☐ USB flash drive – store important documents on this and on the cloud
- ☐ Small travel-safe lock for your luggage

Comfort & Recreation – pillows, blankets, and mattresses will be provided

- ☐ Lightweight blanket or sleep sheet (if you'd like)
- ☐ Travel pillow (bed pillows will be provided)
- ☐ Earplugs and eye mask
- ☐ Lightweight book(s) or e-reader
- ☐ Travel games, cards, or small group activity items
- ☐ Journal/sketchpad
- ☐ Non-electronic comfort item
- ☐ Small personal joy/grounding item

Food & Eating

- ☐ Small stash of comfort snacks (no pork products)
- ☐ Resealable food storage bags
- ☐ Small reusable travel utensil kit (utensils will be provided in the field station)
- ☐ Travel mug or thermos
- ☐ Water bottle
- ☐ Instant coffee or tea – your preferred types/brands may not be available locally.
- ☐ Electrolyte drink mixes (see "Must Haves" list)

Miscellaneous

- ☐ Travel pillbox of needed size
- ☐ Safety pins and travel sewing kit
- ☐ Lint roller or clothes brush
- ☐ Extra batteries/chargers for your devices

☐ Carabiners
☐ Local phrasebook or Swahili cheat sheet
☐ Collapsible day pack
☐ Travel-sized detergent or laundry soap (laundry services will be provided in the field station)
☐ Quick-dry underwear (for field use, if you'd like)
☐ Collapsable mosquito net (optional) – mosquito nets will be available in Zanzibar, but I cannot guarantee that we will be able to set them up anywhere other than over a bed

Additional recommendations, as applies to you

Religious Observance

☐ Travel prayer mat
☐ Portable compass
☐ Pocket-sized holy texts or digital versions
☐ Items for daily rituals (e.g., beads, devotional jewelry)
☐ Halal, kosher, or vegan/vegetarian protein snacks
☐ Fast-breaking items (e.g., dates or juice boxes)
☐ Info about local places of worship

LGBTQIA+ Identity & Safety

☐ Discreet, gender-affirming clothing
☐ Backup gender-affirming products
☐ Portable safe-space symbol or charm
☐ VPN app for digital privacy
☐ Signal or any other secure and encrypted messaging app with the ability to make messages disappear automatically
☐ Emergency contact card with LGBTQIA+ support orgs
☐ Printed list of LGBTQIA+-supportive embassies
☐ Quiet support materials (e.g., affirmation cards)

Accessibility & Neurodiversity

☐ Collapsible walking cane or lightweight crutches
☐ Knee or ankle braces, orthotic insoles
☐ Daily-use medical gear with backups
☐ Noise-canceling headphones or soft earplugs
☐ Weighted lap pad or compression vest
☐ Extra stim tools/fidgets
☐ Travel-sized whiteboard for communication
☐ Medication schedule with translations
☐ Laminated medical ID card
☐ Glucose tablets/snacks
☐ Laxatives or anti-diarrheals

Emotional & Mental Wellness

☐ Crisis grounding kit
☐ Emotional processing journal
☐ Photos or small mementos
☐ Mental health tele-support access info
☐ Printed DBT/CPT grounding cards or worksheets
☐ Favorite affirming book
☐ Letter to self (written before travel)

Personal Health & Safety Gear (To be Brought in Addition to Personal Items)

1. **Headlamp with extra batteries** – critical for cave work and low-light conditions.
2. **Light rain jacket**
3. **Hard hat/climbing helmet** – for protection against falling debris in caves.
4. **Durable gloves** – both for excavation (e.g. nitrile or leather) and general protection.
5. **Sturdy hiking/field boots with good ankle support** – essential for uneven, rocky terrain.
6. **Water shoes with sturdy soles** – for use on the beach and while wading.
7. **Bathing/swimming clothes** – shorts or trunks for men, and bathing suits that completely cover the torso for women. Modesty is important! No speedos or bikinis.
8. **Foldable walking/hiking stick** – optional, in case you feel you will need extra support traversing rough and rocky ground.
9. **Lightweight long-sleeved shirts and trousers** – for sun and insect protection. Please select clothing that specifically offers sun protection.
10. **High SPF sunscreen** – UV protection is vital in equatorial environments. Sunscreen is available locally, but your preferred types/brands may not.
11. ***Insect repellent with DEET or picaridin** – for mosquitos and other insects.
12. **Personal water bottle(s) or hydration bladder** – at least 2L capacity.
13. **Electrolyte tablets or packets** – to prevent dehydration and heat exhaustion.
14. **Wide-brimmed hat and sunglasses** – for sun protection when outside the caves. A sunhat with a neck flap would be ideal.

Medical & Hygiene Supplies

11. **Personal medications (with copies of prescriptions)** – including allergy meds and inhalers.
12. **Rehydration salts/oral rehydration solution (ORS)** – in case of gastrointestinal illness. These are also available from local medical shops.
13. **Hand sanitizer and baby wipes** – for cleaning up when water isn't available.
14. **Toilet paper and small resealable bags** – for hygiene in field conditions. Toilet paper can be purchased locally and will be made abundantly available in the field station
15. **Small personal first-aid kit** – including blister care, antiseptic, and pain relievers. The field director will maintain a large first-aid kit, but it won't hurt to come prepared.

Other Health & Safety Items

17. **Face mask or dust mask** – useful in dry excavation environments. These are available locally but may not be of the same quality as that available in the US.

18. **Ear protection** – optional, for noise or sensitive ears in confined spaces.
19. **Tamper-proof and cut-proof backpack** – to carry essentials (including money) during daily excursions.
20. **Notebook and pencil** – for notes and sketching, preferably waterproof.
21. **Waterproof binder/holder** – for important items and documents like permits, vaccine certificates, insurance documents, credit/debit cards, and passports.

MEDIA AND SOCIAL MEDIA

Please provide your instagram account, if you have one, and any project related websites

https://www.instagram.com/akshay_adrift?igsh=MXIxYWdmZno1YmxlNQ%3D%3D&utm_source=qr