**Kompiam Shopping Advice**

The following is current as of November 2019.

**What is available in Kompiam**

Plain flour (K7 1kg)

Self-flour (K7 1kg)

Sugar (K6 1kg)

Salt (K3 1kg)

Eggs (most of the time. 1K each)

Baking powder

Curry Powder (K5 100g)

Rice (K24 5kg)

Oil (K6 1lt)

Tinned Tuna (K2 180g)

Assorted biscuits, chips (K1-3)

Two-minute noodles (K1 per packet)

Milk powder (K4 50g)

Coconut milk powder (K4 50g)

Peanut Butter (K8 200g)

Coffee (K1 27g sachet)

Tea (K3 box of 25)

Hot dogs (K1 each - aka sausages)

Bleach (K5 500ml)

Soap (K1 each)

Toilet Paper (K1.50/roll)

Nappies (K1 each)

Laundry Powder (K5 400g)

AA Batteries (20t)

Lighter (50t)

Pens, pencils, exercise books. (50t-K2)

Head torch

Wool

Digicel phone credit.

**Fruit and Vegetables available from Kompiam Market**

Bananas (20t)

Pineapples (K3-5)

Greens – kumul bundle (K1)

Spring onions (20t)

Peanuts (K2)

Cucumbers (30t)

Sugar cane (K1)

Taro

Sweet Potato (3 for K1)

Corn (seasonal)

Occasionally – lemon, ginger, paw paw, tomatoes

Chickens – available sometimes.

The main market day in Kompiam is Wednesday. Take small coins and notes as some sellers won’t have change for anything larger than K2.

**What is available in Hagen**

Butter (K27 500g)

Margarine (K18 1kg)

Cheese (K28 500g)

Long life milk (K7 1lt)

Long life cream (K30 1lt)

Oats (K14 1kg)

Pasta (K7 per packet)

Soy sauce (K5 150ml)

Tinned fruit (K13)

Desiccated coconut (K14 150g)

Icing sugar (K9 500g)

Wheet-bix (K25 large box)

Cocoa (K17 250g)

Yeast

Tinned corn (K7 each)

Tinned tomatoes (K5 each)

Tinned spaghetti (K6 each)

Bacon (K26 500g)

Tinned beef

Mince

Frozen chicken (K25-K30 depending on size)

Tomato sauce (K20 1lt)

Bread (K4 per loaf)

Baby wipes (K12 per packet)

Onions (K9 1kg)

**Fruit and Veg from Mt Hagen Market**

Strawberries

Potatoes

Carrots

Pumpkins

Tomatoes

Capsicum

Bok Choy

Wombok

Zuchinni

Brocolli

Limes

Garlic

Ginger

Chillies

Hospital staff travel to Hagen about once a fortnight. They are happy to buy things on your behalf if you provide them with a list and can pay cash on their return. Make your list as specific as you can (either by quantity or amount you wish to pay for each item) to avoid any unforeseen surprises.

**What’s best to bring in your suitcase:**

Foods and medications: Dried fruits, condiments like jam and honey, cocoa and bicarb soda. Protein powder, multivitamins, electrolytes, paracetamol, personal medications and sunscreen.

Other useful items: shoes suitable for mud and hiking, multi-tool, umbrella, torch, scissors, hat, small sharp knife, sewing kit and recipes to use for the weekly shared meal.

**Recommendations for Families**

Bring activity books, paper, pencils, sharpeners and erasers. A few simple toys like blocks and cars. Children’s reading books. Tennis balls or similar. Cloth nappies for infants.

Kompiam can be quite wet and muddy, so bring clothes that children can get dirty in. Also pack spare hats and shoes in case they get lost or broken during your stay.

Housing has plenty of linen provided and the option to put a mattress on the floor for young children.

There is a trampoline, small playground and half-basketball court in the hospital compound.

The kitchens are basic but functional. Each has a fridge, oven and kettle, crockery, cutlery, saucepans and cooking utensils.

Most of the houses do not have TVs or Dvd players. The internet is slow and unreliable, so pre-download movies and ebooks before you arrive.

Admission to school is dependent on children’s ages, length of stay and current class numbers. Each student has their own set of workbooks which can be ordered after sitting a diagnostic test. The books then take 3-4 weeks to arrive. Sometimes a half-day arrangement can be made depending on each situation.