

Shopping Advice

AVAILABLE IN KOMPIAM
HOSPITAL CANTEN

- Plain flour (K7 - 1kg)
- Self-flour (K7 -1kg)
- Sugar (K6 - 1kg)
- Salt (K3 -1kg)
- Eggs (K12 dozen)
- Baking powder
- Curry Powder (K5100g)
- 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



Shopping Advice

FRUITS & VEGETABLES AVAILABLE IN 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.



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AVAILABLE IN MT 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)
- and more...



Shopping Advice

FRUITS & VEGETABLES AVAILABLE IN MT HAGEN MARKET

- Strawberries
- Potatoes
- Carrots
- Pumpkins
- Tomatoes
- Capsicum
- Bok Choy
- Wombok
- Zucchini
- Broccoli
- Limes
- Garlic
- Ginger
- Chillies
- Cabbages
- Oranges

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.

