

The countries which World ARC visits vary in terms of opportunities for buying food and drink to replenish your stores. The following information is designed to help you get a sense of what is available where and plan the best places to provision along the route.

Caribbean to Australia

Country	Rating	Comments
Saint Lucia	Good / Expensive	A number of large supermarkets to choose from. Many imported US products. Journey time to the largest supermarket is 5 minutes and buses and taxis are available.
Panama	Excellent	Panama is the last good provisioning option for the Pacific. Stock up on non-perishables and alcohol. There is a good choice of large supermarkets a cheap taxi ride away (Pacific side has more options than the Atlantic side). Good value for money with plenty of choice of local and international brands.
Galapagos	OK	Supermarket in Puerto Ayora has everything required and given its remoteness, prices are not too bad. They are certainly better than French Polynesia, so stock up. There is a good market for fresh and local produce. You can use the water taxis to take provisions back to your boat.
Marquesas - Hiva Oa	Expensive	There are four small supermarkets in Hiva Oa about 2km away. They are reasonably well stocked. Prices not too expensive especially if you opt for the red-stickers which are government subsidised products such as milk, flour and rice (products can change, depending on what the government decides). There are two stores in Nuku Hiva with the same selection of goods.
Tahiti	Expensive	There is a Carrefour supermarket near Marina Taina. This is huge and you're likely to find exactly what you need. But the prices are very high. Champion supermarket is a 15 minute walk from Marina is very good and not as expensive as Carrefour.
Society Islands	Expensive	There are two good stores in Bora Bora, 5-10 minutes' walk from the Yacht Club. There are useful quayside supermarkets at the main anchorages on Huahine and Raiatea.
Niue	OK	A new modern grocery store with a decent selection of products and excellent frozen meats from New Zealand. Limited selection of fresh products mainly imported. Supplies depend on deliveries to the islands.

Provisioning Planning World ARC



Tonga	OK	Several supermarkets which stock local staples and produce. A daily, quayside market sells fresh produce and is open from 8am to 4pm. A wide variety of packaged and canned goods available but will be expensive. Fresh produce is great but only consists of what is in season.
Fiji	Excellent/ Good	Generally, prices are reasonable, large supermarkets stock a large variety of local products. Some goods are imported from Australia/New Zealand. Most stores are a taxi ride away, they are inexpensive. The MH store in Savusavu is a reasonable size and almost on the quayside. It is not possible to purchase alcohol from shops on the island, only via bars and restaurants.
Vanuatu	Good	Two Bon Marche supermarkets near PVYC, the larger one has an excellent selection of foods, including a bakery, fresh meat and fish counter and some vegetables. It's a 10-15 minute walk from the dock. The smaller version is closer (3 minute walk) and good for staples. There's also an excellent fresh fruit and veg market just past Bon Marche Downtown on the waterfront.
Australia	Excellent/ Expensive	You will find everything you want and easily, but Australia is a relatively expensive place to provision.

There is detailed information about shoreside facilities for each rally port in the Rally Handbook section 3, Local Information, under 'A to Z of What's On Shore'. This information is also available in the Members Area of the website.

Our information is based on the experiences of previous World ARC participants and our team of yellow shirts who visit the destinations on the route. However, businesses do close down, move or change ownership. If you find any of this information has changed or have any recommendations based on your own experiences, please let the World Cruising Club team know, either speaking to your rally yellow shirts, or email mail@worldcruising.com.

Australia to the Caribbean

Country	Rating	Comments
Australia - Darwin	Excellent/ Expensive	You will find everything you want and easily, but Australia is a relatively expensive place to provision.
Lombok	Good	Mini-market at the marina, other supplies in Tanjung (4km away) including a large public market and many local shops. Mataram in Lombok has good supplies of fresh food, groceries and alcohol and is certainly worth a day trip by taxi (or stop there at the end of excursions).
Christmas Island & Cocos	OK / Expensive	Fresh produce is flown in and refrigerated. Other products are shipped in and the prices reflect this. Availability is reliant on the date of the last shipment. Avoid buying all but the necessities. Provisioning on Christmas Island is far easier and has better choice than Cocos.
Mauritius	Excellent	Several large hypermarkets with international brands. Prices are reasonable. Some smaller stores are a 5-10 minute walk from the dock but the larger stores are a taxi ride away.
La Reunion	Good	A large hypermarket with European brands a taxi ride away. Prices are normally more expensive than Mauritius. There are a few smaller shops 20-30 minutes walk away.
South Africa	Excellent	Excellent choice and prices are cheap. Most large supermarkets are a taxi ride away from the port or marina.
Namibia	Good	Convenient supermarkets and grocery stores available, plus a large mall a taxi ride away. Prices are cheap.
St Helena	Poor	Provisions are limited and expensive. Anything is a bonus!
Brazil	Good	Good sized, well priced supermarkets.
Grenada	Good / Expensive	Plenty of options for provisioning. Closest supermarket to the marina just a short dinghy ride away. Others accessible by bus and taxi.
Saint Lucia	Good / Expensive	A number of large supermarkets to choose from. Many imported US products. Journey time to the largest supermarket is 5 minutes and buses and taxis are available.