

# Fiji Packing List

Packing the right gear (and the right amounts) is an important step in every travel experience. Please follow these tips to pack like a pro:

- Travel light. Pack only the essentials. You'll need less than you think!
- Bring the right clothes. Pack clothes that are culturally appropriate for Fiji. This means loose, long shorts (think knee-length shorts like Bermuda or basketball shorts) or lightweight pants, and shirts that cover shoulders.
- The weather can be variable in any season. We recommend packing clothing that can be easily layered to adjust to changing temperatures.
- While traveling, it's easier for things to get lost, damaged, or stolen. Keep any prized possessions and valuables safe at home.
- Check with TSA. Make sure your luggage (especially carry-on) complies with TSA regulations.

Everyone must bring shorts that reach the knee. Standards of dress in Fiji, especially in the villages, are more conservative, and everyone will wear *sulus* (sarongs) when visiting local villages. We will provide everyone in the group with a *sulu* on their arrival, and you can wear shorts under the *sulu*. Females may wear a long skirt that covers their knees instead of a *sulu*. If you have a sarong already at home, you may want to bring it along as well.

**Carry-On:** A small backpack/daypack is ideal. This will be used for excursions throughout your trip.

- Passport + Photo ID
- Photocopy of Passport + Photo ID
- Visa Documentation (*if applicable*)
- Wallet + Money (*for souvenirs*)
- Phone, Charger, Headphones, Camera
- Book / Journal + Pen
- Electrical Converter - 240V, Type I
- Change of Clothing
- Refillable Water Bottle
- Personal Medications + Hand sanitizer

**Checked Luggage:** A 50-70 Liter duffel bag or backpack is ideal.

## Clothing

- Socks (5-7)
- Underwear (6-8)
- T-shirts (5-7)
- Tank Tops (1-2)
- Long-Sleeved Shirts (1-2)
- Rashguard / Sunshirt (1-2)
- Hoodie or Lightweight Fleece
- Rain Jacket
- Quick Dry Towel (*for shower*)
- Beach Towel or Sarong (*for beach + pool*)
- Swimsuit (*no thongs or string bikinis*)
- Knee-length Shorts (1-2)
- Lightweight Long Pants / Capris (1-2) (*leggings are not allowed in village*)
- Athletic Shorts / Board Shorts (2-3)
- Pajamas
- Strappy Sandals (like Tevas)
- Flip Flops or Slides
- Closed-Toed Shoes (*for Sand Dunes*)
- Hat + Sunglasses
- Laundry Bag

**Toiletries:** Pack travel-size bottles in Ziploc bags.

- Biodegradable Shampoo + Conditioner
- Biodegradable Body Wash or Soap
- Toothbrush + Toothpaste
- Deodorant
- Reef Safe Sunscreen + Bug Spray
- Personal Med Kit
- Personal Toiletries, if Applicable: feminine hygiene products, razor, shaving cream, contacts + solution or spare glasses, foam earplugs + eye mask if you are a light sleeper

## Miscellaneous

### Required:

- Work / Gardening Gloves (*for beach clean up + farm*)
- Light Sleeping Bag (35 degrees and up), Sleep Sack, or Lightweight Blanket are all appropriate. We supply everyone with a fitted sheet, pillow, and pillowcase.
- Headlamp or Flashlight

### Optional:

- Travel Hammock
- Playing Cards / Games (Uno, Bananagrams, etc.)