

Fiji Packing List



Basics

- Underwear and bras
- Socks
- Sleepwear
- Shirts x2-3
- Shorts x2
- Zip-off style cargo/khaki pants (only for extended hiking)
- Light, long pants or maxi skirt/dress x2
- One light jumper (sweater) or pashmina
- Rain jacket or poncho
- Swimsuits x1-2
- Rash guard
- Sarong or cover-up
- Water shoes
- Wide brim hat
- Sunglasses
- Shoes - appropriate walking shoes and sandals

Toiletries

- Deodorant
- Toothpaste and toothbrush
- Shampoo and conditioner
- Body wash
- Aloe vera
- Face wash
- Moisturizer
- Hair accessories (ties and pins)
- Menstrual cup/ tampons
- Light make up and perfume
- Laundry soap
- Medications and prescriptions

Gadgets

- International adapter and converter if necessary
- Camera, charger, spare batteries, SD card, filters and tripod.
- Phone and charger

Day bag/ beach bag

- Refillable water bottle
- Waterless hand wash
- Bandana/cloth napkin
- Toilet paper in a ziplock bag to keep it dry
- Headphones
- First aid kit
- Dry bag
- Sunscreen
- Lip balm with SPF 15+ minimum
- Insect repellent

Making memories and filling spare time

- Book
- Sketch pad and pencils/paint
- Notebook
- Tablet device
- Diary

REMEMBER:

- Tailor this list to the time of year you are travelling.
- Pack light, neutral colours.
- Minimize packaging and disposables as much as possible.
- Opt for natural toiletries and reef safe sunscreen.
- Dress informally and don't take unnecessary valuables.