

Fiji Packing List

Documents

- ☐ Passport
- ☐ Covid-19 vaccination card
- ☐ Visa, if required
- ☐ Itinerary, reservations and tickets
- ☐ Travel insurance information

Basics

- ☐ Underwear, bras and socks
- ☐ Sleepwear, eye mask and ear plugs
- ☐ Shirts - minimum 1 shirt for every 2 days
- ☐ Shorts - 1 pair for every 2 days
- ☐ Board shorts or quick-dry zip-off khakis (for extended hiking)
- ☐ Full-length pieces e.g. pants, maxi skirt or maxi dress
- ☐ Light sweater/cardigan
- ☐ Shoes appropriate for activities such as sandals, water shoes or walking shoes
- ☐ Accessories
- ☐ Swimsuit
- ☐ Rashguard
- ☐ Coverup or sarong

Toiletries

- ☐ Deodorant
- ☐ Toothpaste and toothbrush
- ☐ Shampoo and conditioner
- ☐ Body and face wash or soap
- ☐ Moisturizer
- ☐ Hair accessories (ties and pins)
- ☐ Menstrual products
- ☐ Shaving cream and razor
- ☐ Aloe vera gel (after sun)
- ☐ Make up and perfume
- ☐ Laundry soap

Gadgets

- ☐ International adapter, ideally with a USB socket
- ☐ Voltage convertor, if necessary
- ☐ Camera and accessories e.g. charger, spare batteries, SD card, filters, waterproof case and tripod.
- ☐ Phone and charger
- ☐ Portable power bank

Day bag

- ☐ Refillable water bottle
- ☐ Hand sanitiser and mask
- ☐ Bandana/cloth napkin/handkerchief
- ☐ Headphones
- ☐ Sunscreen or makeup with SPF 15+ or higher
- ☐ Lip balm SPF 15+ minimum
- ☐ Medications and prescriptions
- ☐ Money belt, bra pouch or other secure wallet
- ☐ Reading glasses
- ☐ Sunglasses
- ☐ Hat
- ☐ Lightweight towel
- ☐ Rainwear
- ☐ Guidebook

Making memories and filling spare time

- ☐ Book
- ☐ Sketch pad and pencils/paint
- ☐ Notebook/diary
- ☐ Tablet or Kindle
- ☐ Playing cards or travel games

Remember

- Tailor this list to the specific time of year and your activities.
- Pack natural, breathable fabrics in light, neutral colours.
- Minimise packaging and other disposables.
- Keep your valuables to a minimum and secure them at all times.