



## **Suggested packing list for Fiji**

The following list contains items that previous students have recommended to bring with you on our programs. This is not an exhaustive list, and there may be other personal items you wish/need to bring.

### **Mandatory**

One (1) large bag (duffel-bag with wheels, backpack, or suitcase). Maximum weight of 44lbs; Two bags will not be permitted)

Medium-sized day-pack (water-resistant and big enough for an overnight stay but small enough for a day hike). Use this as your carry-on bag.

Flashlight or headlight (e.g., Petzel) with extra set of batteries (you may only use this a few times)

Notebook and clipboard for taking notes in class and the field; pens, pencils (be prepared to take notes rain or shine, field or classroom). Students recommend a waterproof enclosed clipboard and a small notepad for quick note-taking.

Accommodations contact list (it's in the Course Reading Packet). Leave a copy with family, and pack a copy in your carry-on bag.

Water bottle (Nalgene or similarly tough-type recommended)

Small first Aid kit (see "staying healthy" section), including Dramamine or similar fix for motion sickness (Note: each program will have a group first aid kit)

Sun protection (sunscreen, sunglasses, brimmed hat, chapstick, etc.)

Insect repellent with DEET

Travel alarm clock or watch with alarm

### **Clothing and footwear**

Walking shoes (a walking/hiking/trail/running/around-town combo shoe will work - go for comfort, support, tread/grip, and water-resistance).

Hiking sandals / shoes you can wear in the water (for boat landings, kayaking, etc. e.g., Chacos, Tevas, Keen)

Rain jacket (must be waterproof)



1-2 pairs hiking shorts or pants suitable (zip-off travel pants come highly recommended by former students). Fast-drying fabric recommended since they may get wet. **Not** jeans.

1 pair of nice pants (e.g. jeans or khakis) for city wear (and/or skirts for females)

Skirt below the knee (for women) for village visits (men may wear long pants but it is recommended that males purchase a local sulu [wrap] to wear over shorts on village visits – costs from about \$5).

*Please note: tank tops and spaghetti straps are unacceptable in local villages; ensure you have shirts that cover your shoulders (t-shirts are fine).*

Sweatshirt or polar fleece pullover (for chilly evenings)

Swimwear

Underwear and socks (7 pairs, enough for 1 week between laundry opportunities)

3-4 shirts (or t-shirts) for field - think layering for colder days (quick-dry t-shirts for warm climates are recommended)

Silk sleeping bag liner

Nightwear (you are sharing a room!)

Large travel towel (microfiber travel towel is recommended)

Toiletries

Hand sanitizer

Plastic ziplock bags (for snacks, etc.)

A few plastic trash bags (for dirty laundry, hiking shoes, etc.)

Full supply of all medications in prescribed containers, and copy of prescriptions

Extra set of eye-glasses/contacts and contact lens solution

Travel adapter plug, to fit angled sockets like these:



ATM/Check cards, a credit card, insurance cards, student ID card, driver's license, passport

Photocopies of important documents (i.e., ATM/Check cards, credit cards, insurance cards, student ID card, driver's license, passport, airplane ticket, emergency contact information). Leave one copy of this with your emergency contact person and bring one copy in your carry-on. Alternatively, take digital photos of these documents and attach them to an e-mail to yourself that you can store and access through your webmail address.

Inventory list of items packed in checked luggage (keep in carry-on luggage)

Identification tags with your contact details (on outside and inside of checked luggage, and on carry-on luggage)

Inexpensive gifts for Homestay families (refer to Fiji etiquette and guidelines in the Course Reading Packet for examples)

The Program Handbook

The required Course Reading Packet (not available in-country)

## **Optional** items you may find useful

Camera and extra batteries/charger

Guidebook e.g. Lonely Planet, Footprint, Moon, etc.

Pocket-knife/Swiss Army knife (do **not** pack in your carry-on!)

Small sewing kit

Earplugs

Travel pillow

A few safety pins

Combination locks for your luggage (airport TSA-compliant for checked luggage)



Flip-flops (for showers and inside wear) – alternatively, use your hiking sandals

Dive mask (If you wear glasses and have a prescription mask, you may wish to bring it. Otherwise, note that snorkels and non-prescription masks will be provided for group activities.)

Pillow case (doubles as a laundry bag)

Waterproof digital camera

Small purse or bag (for females) for the city

Wash cloth (in ziplock bag)

Extra memory cards for camera (and USB key drive)

Small, portable, fold-up umbrella

Journal or diary