

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 would like or need to bring. Take into consideration the locations on your particular program itinerary and the time of year you will be in Fiji. You may like to check the average seasonal temperatures.

Mandatory

- 1 large bag—duffel-bag with wheels, backpack, or suitcase. Maximum weight of 44lb (20kg). 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 but please remember that airlines typically have a 15lb (7kg) weight limit for flights within the South Pacific.
- Flashlight or headlamp with extra set of batteries
- Waterproof notebook, pens, pencils—be prepared to take notes rain or shine, field or classroom
- Information about your first accommodation (hotel, hostel, etc.) in your destination country
- 2 large water bottles—Nalgene or similarly durable bottle
- Small first aid kit—this should include any relevant over-the-counter medications and personal prescriptions. It is important to bring prescription documentation and check that all medications are allowable in the countries you will pass through. Your faculty leader will also carry a group first aid kit.



River kayaking in Fiji



- Motion sickness medication (either for sea or bus travel)—please talk with your doctor about the best preventative options for you.
- Sun protection—sunscreen, sunglasses, brimmed hat, Chapstick with SPF, etc.
- Insect repellent—a significant percentage of DEET is essential

Clothing and Footwear

- Sturdy walking shoes/boots—a walking/hiking/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
- Waterproof rain coat
- 1-2 pairs hiking shorts or pants—fast-drying fabrics as they may get wet depending on weather (**not** jeans).
- 1-2 pairs of nice pants—jeans, khakis, skirts, dresses
- Skirt below the knee for village visits or long pants, but it is recommended that students purchase a local sulu (wrap) to wear over shorts on village visits—costs from about \$5.
 - o ***Please note: tank tops and spaghetti straps are unacceptable in local villages; ensure you have shirts that cover your shoulders.***



Village stay

- Sweatshirt or polar fleece pullover for chilly evenings
- Swimwear



- Underwear and socks—about 7 pairs, enough for 1 week between laundry opportunities. Socks should go above the ankle for additional insect protection.
- 3-4 shirts—t-shirts and long-sleeves. Quick dry t-shirts are recommended for warm weather.
- Nightwear—remember you are sharing a room!

Other Essentials

- Large travel towel—microfiber recommended
- Toiletries
- Hand sanitizer
- Reusable containers for snacks, etc.
- 1-2 different sized dry bags for dirty laundry, hiking shoes, swimwear, etc.
- Full supply of all medications in prescribed containers and copy of prescriptions.
- Extra set of eyeglasses/contacts and contact lens solution.
- Universal travel adapter plug, to fit Fiji angled sockets like these:

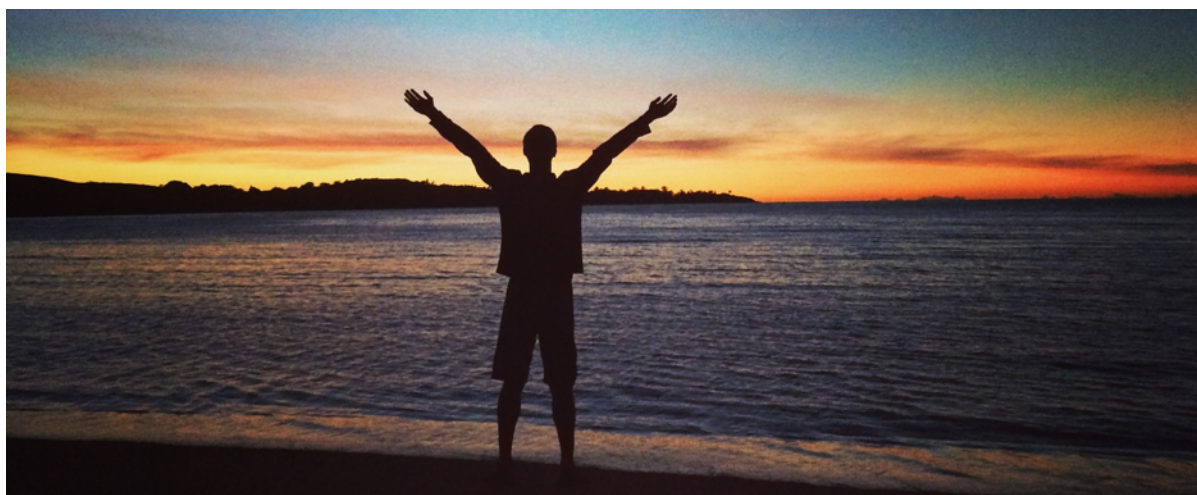


- Debit or credit card, insurance cards, student ID card, driver's license, passport.
- Photocopies of important documents - leave one copy with your emergency contact and bring one copy in your carry-on. Alternatively, take digital photos of these documents and store them in a secure cloud service.
- Inventory list of items packed in checked luggage (keep in carry-on luggage).
- Luggage tags with your contact details
- Inexpensive gifts for homestay families (refer to the appendix "Fiji Village Homestay Etiquette and Guidelines" in the AUIP Program Handbook).
- The Course Reading Packet if your program has one. Your faculty will advise you about this in advance.



Optional items

- Camera
- Earplugs and eye mask for shared accommodation
- Travel pillow
- 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.
- Small purse or bag for city
- Small fold-up umbrella
- Journal



Sunset view

What Not to Bring

Valuable jewellery or other precious items

Appliances – in the U.S., you use 110-volt alternating current (AC); however, other countries use a different system of 220 volts. If you try to use an American shaver, straightener or hair dryer, the high voltage may overheat and destroy the appliance and could shock you or start a fire. We recommend you do not bring such appliances.