

Suggested Packing List for Fiji

The following list contains items that previous students have recommended packing. This is not an exhaustive list, and there may be other personal items you would like or need to bring. Remember, you don't need to bring as much as you think you do!

Mandatory

- ☐ 1 large bag—duffel-bag with wheels, backpack, or suitcase. Check the airline baggage size and weight limits for your flights.
- ☐ Medium-sized day-pack that is 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
- ☐ 2 large water bottles—Nalgene or similarly durable bottle
- ☐ Medications and 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 the medications are allowable in the countries you will visit.
- ☐ Motion sickness medication (either for sea or bus travel)—please talk with your doctor about the best preventative options for you
- ☐ Reef-safe sunscreen with minimum 50 SPF and Chapstick
- ☐ Brimmed sun hat
- ☐ Polarized sunglasses with 100% UV protection
- ☐ Insect repellent—a significant percentage of DEET (up to 30%) is essential



KulaWILD

Clothing and Footwear

Fiji has [consistently warm weather](#) – usually 75-88°F in the day and 64-77°F in the evening. On cloudy days, in rain, and if wet, it can feel cooler. Please be aware that many places will not have air conditioning.

- ☐ 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—Chacos, Tevas or similar
- ☐ Waterproof rain jacket
- ☐ 1-2 pairs hiking shorts or pants—fast-drying fabrics as they may get wet depending on weather (**not** jeans).
- ☐ 3-4 shirts—t-shirts and long-sleeves. Quick dry t-shirts are recommended.

Please note: tank tops and spaghetti straps are not acceptable in local villages; ensure you have shirts that cover your shoulders.

- ☐ Sweatshirt or polar fleece pullover for chilly evenings
- ☐ 1-2 pairs of nice pants (jeans, khakis), skirts or dresses
- ☐ 1-2 nice shirts
- ☐ 1 pair of nice shoes or sandals if you're bringing a nice outfit



- ☐ 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 \$8.



Village stay

- ☐ Swimwear
- ☐ Underwear and socks—about 7 pairs, enough for 1 week between laundry opportunities. Socks should go above the ankle for additional insect protection.
- ☐ Nightwear—remember you are sharing a room!

Other Essentials

- ☐ Plug in phone charger. You may also consider a portable power bank but ensure to comply with TSA regulations.
- ☐ Universal travel adapter plug, to fit Fiji angled sockets like these:



- ☐ Large travel towel—microfiber recommended
- ☐ Toiletries including feminine hygiene products as necessary
- ☐ Extra set of eyeglasses/contacts with solution
- ☐ Hand sanitizer
- ☐ Woolite/laundry soap—if you plan to do any hand laundry



- ☐ 1-2 dry bags for dirty laundry, hiking shoes, swimwear, etc.
- ☐ Packable re-useable shopping bag.
- ☐ Reusable cutlery and containers for packed lunches and/or snacks
- ☐ Debit/credit cards and identification: a debit or credit card is mandatory (but a back-up option for accessing funds is recommended too), insurance cards, student ID card, driver's license, and passport. Remember to set a travel alert with your accounts.
- ☐ 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.
- ☐ Inexpensive gifts for homestay families (refer to the appendix "Fiji Village Homestay Etiquette and Guidelines" in the AUIP Program Handbook).
- ☐ Luggage tags with your contact details
- ☐ An electronic copy of the AUIP Program Handbook and your itinerary.
- ☐ Academic materials, such as a Course Reading Pack, if applicable, or laptop. Your faculty will advise you about what is required for your course.

Optional items

- ☐ Camera equipment and GoPro if you have one, with battery charger or extra batteries. Also, make sure you have sufficient space on memory cards.
- ☐ Earplugs and eye mask for shared accommodation
- ☐ Travel pillow
- ☐ Combination locks for your luggage (airport TSA-compliant for checked luggage)
- ☐ Flip-flops for showers
- ☐ 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
- ☐ Small fold-up umbrella
- ☐ Journal
- ☐ Small game or book to read/ereader
- ☐ Reusable coffee cup



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.

Lost luggage

To help mitigate the inconvenience of lost luggage it is recommended the following be packed in your cabin luggage:-

- Two sets of clothes (e.g. 2x socks, 2x underwear, 2x t-shirts, 1x pair of shorts or long pants, 1x warm layer)
- Hiking/walking boots/shoes (or wear these). They are expensive and more difficult to buy
- Rain jacket
- 'Must have' toiletries (in 3.4-ounce or smaller containers, fitting together in one single, quart-size, clear, zippered plastic bag)
- Personal medications

-