Packing List for Rarotonga (Cook Islands)

Packing for a trip to Rarotonga doesn't require much luggage! Being a beautiful island destination in the South Pacific, the weather is fairly warm year-round. This packing list covers everything you might need for a 6-10 day holiday. {Hot tip: Copy/Save this list and customize by adding new items and replacing others!}



Clothing to Pack for Rarotonga

- [ ] 5 casual shirts
- [ ] 2 pairs of shorts
- [ ] 1 nice outfit for going out (skirt or dress)
- [ ] 2 casual dresses/playsuits/skirts
- [ ] 1 light long-sleeved top (cardigan or sweatshirt)
- [ ] Pajamas
- [ ] Swimwear
- [ ] Packable raincoat - Essential in the wet season (Nov - Mar)

  Essential during the wet season (November - March)
- [ ] 6 pairs of womens travel underwear - https://herpackinglist.com/womens-travel-underwear-guide/
- [ ] 3 bras (one strapless, one sports bra and one casual)
- [ ] 6 pairs of socks

Shoes to Pack for Rarotonga

- [ ] Flip flops
- [ ] Nice sandals/shoes
- [ ] Comfortable walking shoes
- [ ] Aqua shoes (optional)

Toiletries to Pack for Rarotonga

- [ ] Shampoo + Conditioner
- [ ] Body wash + facial cleanser
- [ ] Toothbrush + Toothpaste
- [ ] Deodorant
- [ ] Hairbrush
- [ ] Insect repellent
- [ ] Shaving
- [ ] Sunscreen - Expensive on the island, so be sure to pack some!
- [ ] Sanitizer
- [ ] Packet tissue
- [ ] Makeup - Too hot for much, so pack the basics: https://herpackinglist.com/the-low-key-travelers-beauty-kit/
  - [ ] Foundation
  - [ ] Concealer
  - [ ] Eyebrow pencil
  - [ ] Setting spray
  - [ ] Mascara
  - [ ] Lipstick
- [ ] Makeup Towel

Tech to Pack for Rarotonga

- [ ] Laptop (or leave it at home!)
- [ ] Phone + charger
- [ ] Camera, lenses, mini tripod, memory cards + charger
- [ ] Headphones
- [ ] Travel adapter

- [ ] Power bank

First Aid Kit

- [ ] A small pouch with a little bit of: Ibuprofen, paracetamol, cold/flu tablets, immodium, allergy medication, antihistamine cream, band-aids/plasters, alcohol swabs, antiseptic cream

Miscellaneous

- [ ] Snorkelling equipment (or rent on the island)
- [ ] Turkish travel towel - https://herpackinglist.com/turkish-towels-for-travel/
- [ ] Hat
- [ ] Sunglasses
- [ ] Water bottle
- [ ] Waterproof armband
- [ ] Book or E-reader

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