

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!]



Ultimate Female Packing List for Rarotonga, Cook Islands

A TRIP TO PARADISE DOESN'T REQUIRE MUCH LUGGAGE



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

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- 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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