

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)

- 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
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Sunglasses

Water bottle

Waterproof armband

Book or E-reader
