

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)
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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
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Tech to Pack for Rarotonga

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