

Packing List for Papua New Guinea

When planning a trip to PNG try to go around the same time as one of the cultural festivals. The two most popular ones are the Mt. Hagen Cultural Show (mid/late August) and the Goroka Cultural Show (mid-September). This packing list is for a three week trip to the Sepik river and Highlands. {Hot tip: Copy/save this list and customize by adding new items and replacing others!}



Ultimate Female Packing List for Papua New Guinea

PACKING
CONSERVATIVELY FOR
THE SEPIK RIVER AND
HIGHLANDS



Packs

- ☐ Backpack – Something that you can use a daypack later in the trip
- ☐ International carry-on roller
- ☐ Packable extra bags

Sepik Clothing

- ☐ 3-4 dresses – below the knees and lightweight <https://herpackinglist.com/guide-to-packing-for-conservative-countries/>
- ☐ 2-3 tank tops – shoulders are fine to show, just stay away from spaghetti strap
- ☐ 1 over-shirt
- ☐ 1 lightweight travel/hiking pants
- ☐ 1 pair of shorts Bermuda length
- ☐ 5-7 pairs of underwear <https://herpackinglist.com/fast-drying-womens-travel-underwear/>
- ☐ 1 swimsuit (one piece) – no bikinis out of respect for the locals
- ☐ Lightweight skirt or shorts
- ☐ 1 sarong
- ☐ 2 sports bras & 1 regular

- ☐ 1 pair of flip flops
- ☐ 1 pair of sandals
- ☐ 1 pair of walking/running shoes
- ☐ Socks <https://herpackinglist.com/travel-socks-guide/>

Highland Clothing

- ☐ Raincoat
- ☐ Hoodie/Sweater
- ☐ 1 pair of leggings

Other

- ☐ Money neck pouch
- ☐ Medication
- ☐ Gifts - If you are planning on visiting any villages during your trip, such as reading glasses, clothes, pain medication and solar lights
- ☐ Water bottle
- ☐ Sunscreen
- ☐ Bug spray
- ☐ Sunglasses
- ☐ Hat
- ☐ Lip balm

Electronics

- ☐ Adapter
- ☐ Headlamps
- ☐ Camera

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