

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

- ☐ 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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