

# 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!]



## • Clothing to Pack for Rarotonga

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- 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)
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- Pajamas
  - Swimwear
  - Packable raincoat - Essential in the wet season (Nov - Mar)
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**Essential** during the wet season (November - March)

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- 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
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## • Shoes to Pack for Rarotonga

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- Flip flops
  - Nice sandals/shoes
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- Comfortable walking shoes
- Aqua shoes (optional)

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## • **Toiletries to Pack for Rarotonga**

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- 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**

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

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## • **First Aid Kit**

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- 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
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- **Miscellaneous**

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- Snorkelling equipment (or rent on the island)

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- Turkish travel towel - <https://herpackinglist.com/turkish-towels-for-travel/>

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- Hat

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- Sunglasses

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- Water bottle

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- Waterproof armband

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- Book or E-reader

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