



# Your trip to the South Pacific is just around the corner.

Along with a healthy dose of excitement,  
here's what you'll need to bring.

## Clothing and accessories

- Comfortable closed-toe shoes
- Long- and short-sleeved shirts
- Light jacket, raincoat
- Shorts and Pants/jeans
- Swimsuit and small towel
- Socks and underwear
- Pajamas
- Sunglasses
- Watch
- Small daypack
- Travel pillow
- Sleeping mask and earplugs
- Reusable water bottle
- Hat (for sun protection)
- Portable cellphone charger
- Type I outlet power adapter

## Documents

- Passport and a copy of passport
- Australian Visa (applicable to all US Citizens)
- Visas (if applicable to non-U.S Citizens)
- Copy of itinerary (including hotels, flights, and EF emergency number)
- Copy of any necessary prescriptions (see additional notes under "Toiletries")
- List of contacts and addresses (to send postcards home!)

## Money

- ATM/Debit card (contact your bank prior to departure)
- U.S. dollars (Money exchange is necessary as USD is only accepted in Fiji. ATMs and banks are readily available throughout Australia and New Zealand)
- Pouch for storing money and passport

## Toiletries

- Toothbrush and toothpaste
- Dental floss
- Shampoo/conditioner
- Deodorant
- Hairbrush/comb
- Reef-safe sunscreen (NOT "reef-friendly"—these are toxic to the wildlife)
- Bug spray and mosquito bite ointment
- Bag for dirty clothes
- Extra contact lenses/glasses
- Medications (Be sure to carry them with you on the plane and keep them in the original container. A customs official may want to verify that the container's contents match its label)
- Wet wipes or antibacterial hand sanitizer



## Travel tips:

- ✓ Pack light—you'll be responsible for loading your own luggage on and off buses (one small carry-on and your EF backpack should be enough)
- ✓ Many airlines now charge for additional luggage
- ✓ Traveling to the South Pacific can involve over 20 hours of flight time, so get your body prepared by stretching and hydrating *before* your flight
- ✓ Pack valuables, medications, and an extra change of clothes in your EF backpack as a carry-on