

# Fiji Packing Checklist for Families



Travelling to Fiji with kids is an adventure filled with beach days, pool time, island exploring and cultural experiences.

This family-friendly packing checklist is designed to make preparing for your trip simple and stress-free, covering the essentials for both parents and little travellers.



## Clothing

- Lightweight, loose clothing: shorts, t-shirts, dresses
- Swimwear (2-3 sets per person)
- Rash tops / swim shirts
- Sarong (sulu) or modest outfit for village visits
- Light jacket or cardigan for cooler evenings
- Casual evening wear (1-2 outfits)

## Footwear

- Flip-flops / thongs
- Reef shoes
- Comfortable sandals or casual shoes

## Toiletries & Health

- High SPF sunscreen & lip balm
- Insect repellent (tropical strength)
- Aloe vera / moisturiser
- Basic first aid: antiseptic cream, antihistamines, pain relief
- Medications (prescription or regular)

## Kids Essentials

- Swim hats / sun hats
- Pool / beach toys (buckets, water guns, floaties)
- Travel games, colouring books, quiet activities
- Snacks your child loves
- Life vests (if needed)
- A football - your kids will make new Fijian friends who love rugby in no time!

## Gear & Electronics

- Snorkel gear (optional)
- Waterproof bag / dry bag
- Reusable water bottle
- Power board & adapter (Type I plug, compatible with Australia/NZ)
- Camera / phone chargers

## Important Extras

- Cash (FJD) for small vendors or excursions
- Rain gear if travelling during Nov-Apr
- Travel documents (passport, tickets, insurance)
- Small donations (books, clothes) if desired