

Global Fund For Women Trip to Fiji, October 2022

Suggested Packing List

Weather Conditions

The Fiji islands boast some of the best weather in the world year-round. Mild and pleasant temperatures of around 77-86 degrees Fahrenheit (25-30 degrees celsius) are consistent throughout the year. However, it can often feel ~10 degrees hotter due to humidity, especially in October.

As with most tropics, Fiji has a wet season, though not as drastic as many other destinations in the South Pacific and differs by island. Typically, the Fiji islands get the most rain from November to April, so your trip will take place just before the main wet season begins. You may run into a few tropical storms, but they rarely last more than an hour or two.

Luggage & Packing

We recommend packing any medications you take, a change of clothing and any valuables in your carry-on bag in case your checked bag is lost or delayed. Be sure to have luggage tags with your contact information on each bag and a lock when possible.

Note: Plastic bags are banned in Fiji. It is illegal to produce, sell and use plastic bags. Please pack eco-friendly, reusable bags for your trip where possible. Note: if you bring any single-use plastic bags, you will need to carry them out of country when you depart.

The Essentials

- Documents
 - Passport (original and photocopy)
 - International flight itinerary
 - Travel Insurance Policy & emergency phone numbers
 - Covid Vaccination Card (original, photocopy, and digital copy with QR code)
 - Champions Rocket Notebook and Pen
- Credit cards and cash (see money section in Country Guide)
- Reusable water bottle
- Prescriptions - medications, glasses & sunglasses
- Plug adaptor (Type I) and converter - Fiji operates on a 240V supply voltage and 50Hz

Important Reminder: Travelers are encouraged to notify their bank of their travel plans so that the bank does not see charges as illicit activity and put a block on the card.

Clothing

While at the resorts in Fiji, the dress code is fairly relaxed. For your site visits, please dress more conservatively. Fijian women always have their shoulders and knees covered, so women should wear clothing that cover their shoulders and knees during these community visits. It is recommended that men also follow a similarly conservative approach - a nice shirt and knee-length shorts or pants. GFW will provide a **sulu** (a Fijian sarong) to tie around your waist.

It is disrespectful to wear hats in a Fijian village - please them off before you enter a village.

- Women: Skirts, dresses or flowy pants that fall **below the knees for site visits**
- Men: Lightweight shorts or pants
- Light, short sleeved shirts
- Tanks tops (OK at resorts)
- A couple versatile “nice yet casual” outfits
- Comfortable, worn-in walking shoes
- Shawl or scarf
- Swimsuit
- Small umbrella and waterproof jacket or poncho
- Sun hat or cap
- Socks and undergarments
- Sandals & flip flops
- Sleep wear

Medical Kit & Toiletries

- High-quality face masks to protect against Covid
- Sunscreen and lip balm with an SPF
- Toothbrush, toothpaste and travel sized mouth wash
- Insect repellent
- Prescription medication with original labels
- Allergy medication and epi-pen if needed
- Re-hydration salts or electrolyte powder, Emergen-C or Nuun tablets
- Anti-diarrhea medication and Pepto-Bismol
- Painkillers
- Motion/Sea sickness medication
- First aid kit - antiseptic cream, Band-Aids, sterile wipes
- Pre-moistened antibacterial hand wipes
- Travel-sized soap, and body or hand lotion
- Travel sized shampoo and conditioner
- Hair brush, comb, hair ties or clips
- Travel packs of tissues
- Eye drops
- Contact lenses and contact lens solution
- At home, rapid COVID tests
- The phone number of a trusted doctor

Travel Essentials

- Book or e-reader
- Journal and pens
- Day pack or cross-body bag and tote bag / packable reusable shopping bags
- Camera, extra batteries, and charger
- Travel pillow
- Energy bars and snacks
- Plug adaptor and converter
- Chargers for all electronics
- Battery power bank / charger
- Flashlight or headlamp with extra batteries
- Watch / alarm clock