



YOUR PACKING GUIDE

Australasia & the South Pacific

Reefs, vineyards, red desert, alpine lakes and the overwater villas of Fiji and French Polynesia. The seasons are reversed and the sun is stronger than at home, so pack with both in mind.

GOOD TO KNOW

Apply for your ETA or NZeTA

Australia needs an ETA and New Zealand an NZeTA before you travel.

Respect the sun

UV levels are very high. Wear SPF 50, a hat and sunglasses, even on cloudy days.

Village etiquette

When visiting a Fijian village, cover shoulders and knees and remove your hat. A small gift of kava root is a traditional welcome.

Biosecurity is strict

Declare all food, plant and animal products on arrival in Australia and New Zealand, and make sure hiking boots are clean.

New Zealand weather

Even in summer, the South Island can be cool and changeable, so pack warm layers and a waterproof.

Island hopping

Small planes and boats often have lower luggage limits, and November to April is cyclone season in the South Pacific.

Your full checklist is on the following pages. Happy packing!

TRAVEL DOCUMENTS

- ☐ Passport, valid for at least six months after you return, with two blank pages
- ☐ Photocopies of passports, kept separately (and saved on your phone)
- ☐ Visas, eVisas or entry forms, with any supporting documents
- ☐ Flight tickets and boarding passes
- ☐ Hotel and transfer vouchers, downloaded in your Liv& Travel app
- ☐ Travel insurance policy and 24-hour emergency number
- ☐ Two bank cards and a little local currency
- ☐ Driving licence, and diving certification if you dive
- ☐ Vaccination records
- ☐ Emergency contacts, and a note of any allergies

CLOTHES, SHOES & ACCESSORIES

- ☐ Lightweight tops, shorts and skirts
- ☐ Long-sleeved sun protection
- ☐ Evening and resort wear
- ☐ Hiking or walking shoes
- ☐ Swimwear
- ☐ Sarong or pareo
- ☐ Modest outfit for village visits
- ☐ Reef shoes and sandals
- ☐ Waterproof, windproof jacket
- ☐ Warm layers for New Zealand
- ☐ Sun hat and sunglasses
- ☐ Golf attire, if playing
- ☐ Underwear and nightwear

ESPECIALLY FOR YOUR JOURNEY

- ☐ ETA or NZeTA approval
- ☐ SPF 50 and reef-safe sunscreen
- ☐ Insect repellent
- ☐ Snorkel mask
- ☐ Dry bag
- ☐ Clean hiking boots
- ☐ Local cash for outer islands

ELECTRONICS

- ☐ Smartphone and charger
- ☐ Camera or GoPro, spare batteries and memory cards
- ☐ Universal travel adaptor
- ☐ Power bank
- ☐ Noise-cancelling headphones
- ☐ Tablet, Kindle or laptop, and chargers
- ☐ Waterproof phone case
- ☐ A multi-port USB charger

FOR THE JOURNEY

- ☐ Neck pillow
- ☐ Eye mask and earplugs
- ☐ Lightweight blanket or scarf
- ☐ Compression socks for long flights
- ☐ Reusable water bottle (empty for security)
- ☐ Flight snacks
- ☐ Travel notebook and pen
- ☐ Hydrating face mist and lip balm
- ☐ A change of clothes in your hand luggage

TOILETRIES

- ☐ Toothbrush and toothpaste
- ☐ Shampoo and conditioner
- ☐ Body wash or soap
- ☐ Deodorant
- ☐ Hairbrush or comb, and hair bands
- ☐ Razor and shaving cream
- ☐ Feminine hygiene products
- ☐ Contact lenses and solution, or glasses
- ☐ Make-up and grooming products
- ☐ Skincare and nail care
- ☐ SPF for face and body
- ☐ After-sun or aloe vera gel
- ☐ Clear 100ml liquids bag for hand luggage

MEDICATION & FIRST AID

- ☐ Prescription medication in original packaging, with a copy of the prescription
- ☐ Pain relief
- ☐ Daily supplements
- ☐ Rehydration sachets and anti-diarrhoea tablets
- ☐ Travel sickness remedies
- ☐ Antihistamines
- ☐ Insect repellent and after-bite
- ☐ Plasters and blister plasters
- ☐ A small first-aid kit
- ☐ Hand sanitiser

LIV & TRAVEL ESSENTIALS

- ☐ Liv & Travel wash bag
- ☐ Airalo eSIM, set up before you leave
- ☐ AirFly Bluetooth adapter for in-flight screens
- ☐ TSA-approved luggage locks
- ☐ Solis portable Wi-Fi hotspot
- ☐ Personal air purifier
- ☐ Dyson Airwrap
- ☐ DJI Mini drone (check local drone rules first)

BEFORE YOU LEAVE HOME

- ☐ Check the latest FCDO travel advice
- ☐ Let your bank know you are travelling
- ☐ Check in online as soon as it opens
- ☐ Download your itinerary and boarding passes to use offline
- ☐ Share your itinerary with family at home
- ☐ Set an out-of-office
- ☐ Arrange care for pets and plants
- ☐ Unplug appliances and lock up

ANYTHING ELSE

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