



YOUR PACKING GUIDE

Indian Ocean

Barefoot days, warm water and the softest sand in the Maldives, Mauritius, the Seychelles and beyond. Island life calls for very little, so pack light and leave room for the things that make it special.

GOOD TO KNOW

Check your seaplane allowance

Seaplanes and domestic flights often have lower luggage limits than international flights. Soft bags are easiest, and your itinerary will confirm the allowance.

Respect local customs

The Maldives is a Muslim country. Alcohol and pork products cannot be brought in, and shoulders and knees should be covered when visiting local islands or Malé.

Shoes are optional

Most resorts are barefoot, so one pair of sandals and something smarter for dinner is usually plenty.

Protect the reef

Reef-safe sunscreen helps protect the coral you will be snorkelling over.

The sun is strong

Being close to the equator, you will burn more quickly than you expect, even on cloudy days.

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

- ☐ Three or more swimsuits
- ☐ Kaftans and cover-ups
- ☐ Light linen and cotton outfits
- ☐ Resort-smart evening wear
- ☐ Sandals and flip-flops
- ☐ Reef or water shoes
- ☐ A light wrap for air-conditioning and flights
- ☐ Sun hat
- ☐ Polarised sunglasses
- ☐ A modest outfit for local islands
- ☐ Rash vest for snorkelling
- ☐ Underwear and nightwear

ESPECIALLY FOR YOUR JOURNEY

- ☐ Reef-safe sunscreen
- ☐ Your own snorkel mask
- ☐ Dry bag
- ☐ Waterproof phone pouch
- ☐ Underwater camera or GoPro
- ☐ Beach tote
- ☐ Diving certification and logbook
- ☐ A good book or two

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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