



Hawaii Packing List

HELPFUL PACKING TIPS

- Take precautions against mosquito bites when traveling to warmer climates by packing light-colored long sleeves and full-length pants in woven fabrics. Also, remember repellent DEET, Picaridin, or eucalyptus oil.
- Put your full name on all personal items.
- Don't over pack! A common mistake is to take too many clothes, unnecessary toiletries, etc. You must be able to carry your own luggage. Usually one suitcase and a backpack are sufficient.
- Be sure to follow the TSA restrictions on the amount of liquids or gels that can be packed in carry-on bags. You can bring a single 1- quart-sized zip-top clear plastic bag with 3.4-ounce bottles or less.
- Don't forget that WorldStrides doesn't cover checked baggage fees. To avoid these fees, you may bring a carry-on suitcase and a backpack on the plane at no extra cost.
- Plan ahead with roommates to share toiletries!
- Pack extra plastic bags for storing wet bathing suits or dirty clothes.

WHAT TO BRING

- Picture ID (if applicable)
- Rain jacket/poncho
- 6 tops – some long-sleeved for mosquito protection (plus one for each day of airline travel)
- One nice outfit for Luau
- Two pairs of socks per day
- Undergarments for 6 days
- 1 pair of lightweight long pants for hiking (jeans strongly discouraged)
- 2 pairs of shorts (for activities not in rainforest)
- Lightweight sweater/jacket
- Pair of sneakers (daytime activities)
- Spending money
- Hat (for sun protection)
- Sandals and flip-flops for downtime
- Closed-toe water shoes
- Swimsuit and swimsuit cover up
- Sleepwear and toiletries
- Camera and batteries
- Watch
- Towel for outdoor activities
- Waterproof sun block (min 30 SPF)
- Sunglasses with strap
- Small backpack and dry bag
- Plastic water bottle that fits in pack
- Flashlight (not a mobile phone flashlight)
- Pen or pencil

OPTIONAL ITEMS

- Postcard stamps
- Travel alarm clock/watch
- Snacks for plane ride
- Dramamine pills
- Snorkel equipment (This is provided, but you may bring your own if you have it)