



HAWAII

PACKING LIST & TIPS

WHAT TO BRING

- Rain jacket/poncho
- Tops—some long-sleeved for mosquito protection (mind each day of airline travel)
- One nice outfit for Luau
- Two pairs of socks per day
- Undergarments for six days
- Lightweight long pants for hiking (jeans strongly discouraged)
- Shorts (for activities not in rainforest)
- Lightweight sweater/jacket
- Hat (for sun protection)
- Rash Guard/SPF Shirt
- Swimsuit & swimsuit cover up
- Sandals & flip-flops for downtime
- Closed-toe water shoes
- Pair of sneakers (daytime activities)
- Towel for outdoor activities
- Sleepwear & toiletries
- Sunglasses with strap
- Small backpack & dry bag
- Water bottle that fits in pack
- Phone charger
- Pen or pencil
- Three gallon-sized bags for wet clothes & to protect your Discovery Journal
- Sunblock- Reef safe/Biodegradable
- Bug repellent/bug wipes
- Alcohol-based hand sanitizer
- Disinfectant wipes
- Prescription medicine
- Spending money
- Camera & charger or batteries
- A copy of your insurance card
- Photo ID (if applicable)

OPTIONAL ITEMS TO BRING

- Motion sickness pills
- Headphones
- One-time use waterproof camera
- Snacks
- Snorkel equipment (this is provided, but you may bring your own if you have it)

HELPFUL PACKING TIPS

- Take precautions against mosquito bites when traveling to warmer climates by packing light-colored long sleeves and fulllength pants in woven fabrics. Also, remember repellent DEET, Picaridin, or eucalyptus oil.
- Put your full name on all personal items.
- Don't overpack! 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. For more information, please visit the website for the air carrier listed on your itinerary and hawaiianairlines.com/bagfees (choose neighbor island fees) for your interisland flight.
- Pack extra plastic bags for storing wet bathing suits or dirty clothes.
- If traveling by air, adults (18 years and older) must carry a photo ID (driver's license, ID card, passport, etc.) that matches the name on your ticket.
- Make sure to have alcohol-based hand sanitizer on the plane/ bus (pack it in your carry-on).
- Food service on planes and in airports may be limited, so be sure to bring snacks.
- Remember to pack prescriptions and essential items in your carry-on and consider bringing extra with you in case of emergency.