

Packing list

These are general items you'll need for any multiday trip with us, in addition to the usual items for several days walking. Please read the packing list along with the FAQs.

If you have any specific requirements, then you should also pack with these in mind.

- A day pack or small backpack, in addition to your other luggage, for when you are walking, to carry water, sulu, snacks, camera, torch etc
- Comfortable shoes to walk in - approach or trail shoes are ideal for Fiji conditions as you can get them wet in the rivers and they dry quickly. Trainers/runners with a good grip will do, but avoid stylish trainers with no grip as well as old pairs, as the soles are liable to fall off! Hiking boots are also good on many of our itineraries, but you should be prepared to get them wet when doing knee-high river crossings. We recommend keeping your shoes on at all times, whether you're crossing a river or even swimming.
- Lightweight, preferably quick-dry and collared t-shirts for walking
- Walking trousers or if preferred shorts (see FAQs for information on clothing)
- Water bottles or hydration pack (see FAQs for information about water)
- Personal medical kit – one of the guides will be carrying a first aid kit, but it is good practice for you to carry a small one also
- Torch – to be packed in your day bag as a safety precaution
- Dry bag or plastic bags for dry storage to keep valuables dry in case of downpour or a slip in the river
- Pac-a-mac or light waterproof – if we get caught in heavy rain, it'll keep the wind out, even though it's unlikely to keep you dry!
- Walking poles – if you're used to using them, bring them along as they'll help with the downhill sections
- Sulu (wrap-around/sarong) – will also be provided if required
- Flip-flops/thongs or a dry change for the evenings
- Long-sleeved sweater or jumper as it can get cool in the evenings
- Sleeping sheet or sleeping bag inner (blankets and where needed mattresses will be available to you, unless otherwise specified)
- Hat
- Sunglasses
- Sunscreen
- Insect repellent
- Snacks – some trail mix, biscuits, muesli bars or sweets
- Emergency toilet paper
- Camera
- Book / pack of cards
- Earplugs – just in case someone nearby snores!