



Get ready for adventure! Using decades of experience Bold Earth has carefully crafted our packing lists to include everything you need for a successful trip. The varied climates and situations in Fiji require participants to have all items on the equipment list. Participants who arrive without all the necessary equipment are required to purchase missing items. Do not pack more than is on the list. Most items can be bought from Walmart or Target at reduced prices, or borrowed from a friend. Call or email Bold Earth with any questions: 303-526-0806 or info@boldearth.com. We are always available to help. ****Click on the BLUE TEXT or IMAGES for suggested clothing and equipment.****

REQUIRED EQUIPMENT



- _____ **Duffel Bag/Suitcase:** We suggest a durable bag approximately 36"x18" or smaller. Wheels optional.



- _____ **Daypack:** Bring one large "school type" daypack to be used during the day to carry personal items.



- _____ **Sleep Sheet:** This is different from a sleeping bag. It is your own sleep sheet to use as a liner for your hotel or hostel bed.



- _____ **2 Water Bottles:** one-liter bottles.



- _____ **Head Lamp & Batteries (NEEDED).**



- _____ **PADI:** Students who are PADI certified need to bring their PADI DIVE cards and log book.



- _____ **Gifts:** We recommend you bring a small gift for each of your two host families. We recommend children's books, pictures of your family, postcards from home or non-melting candy. Please bring only a small gift.

REQUIRED CLOTHING

CLOTHING: You need a **one-week** supply of clothing. We will wash laundry at least twice! We recommend some quick drying, non-cotton shirts and shorts.

Inner layer

- _____ One week supply of underwear
_____ Pajamas/Nightwear

Middle layer

- _____ 4 pairs of shorts (one pair synthetic)
_____ 6 short-sleeve shirts. Fijian villages are conservative, tank tops are OK at the dive resort but NOT in village
_____ 2 long-sleeve shirts
_____ 2 pairs of lightweight pants
_____ 2 swimsuits
_____ 1 Pair board shorts (for boys and girls)

Outer layer

- _____ Light weight **rain jacket**
_____ 2 Lightweight sweatshirts

Head & Hands

- _____ Baseball style cap

Footwear

- _____ 6 pairs of lightweight, athletic socks
_____ **Sandals** that secure around your ankles (Keens/Texas/Chaco's)
_____ Sneakers/running shoes
_____ Flip Flops

Miscellaneous

- _____ **Passport:** Bring 2 sets of photocopies of your passport
_____ SPF 30+ sun screen, chapstick
_____ Personal toiletries (teeth etc.) meds, bandanna
_____ 2 medium towels (1 beach, 1 shower. Quick dry preferred)
_____ Sunglasses with a **secure strap**
_____ Insect Repellent
_____ Anti-itch cream for (small) mosquito bites.
_____ Watch with an alarm clock

Optional, But Highly Recommended

- _____ Camera (Phone & camera must be separate)
_____ Book, journal, pens
_____ Laundry bag and small pillow
_____ Mask & snorkel
_____ Maxi skirts (women)

Important Information Regarding Your Trip - PLEASE READ THIS!

Buying Guide: The packing list above is mandatory for your trip; however, the linked items are just shopping recommendations. Gear bought at Target or Walmart will work. Backpacks, sleeping bags, and sleeping pads may be purchased from an outdoor store that has tested gear for varied environments. More generic gear such as mess kits, duffel bags, etc. can be bought relatively inexpensive at Target, Walmart, etc. Feel free to find the gear that suits you and your budget best. The Bold Earth office welcomes and expects questions about packing and equipment!

Expectations: This is a physically, mentally and culturally demanding trip. You stay in authentic, simple homes and native hotels; there is no “camping.” We will expect you to be open to the Fijian culture and food. It is essential that we have a flexible attitude and behave with cultural sensitivity in order to make a good impression as guests.

Identification: A **Passport** valid 6 months beyond intended stay is required. Passports will be held for you by your Trip Leader. A Travel Permission Slip is **MANDATORY** (available online 3 weeks before your trip).

Weather: Warm and comfortable with temperatures ranging from 65-85°F, however, be prepared for temperatures to vary. May through October is the Fijian dry season when the humidity and rainfall are lower. Come prepared for lots of sun but occasional rain at night.

Spending Money: **EVERYTHING IS INCLUDED.** Cash plus an ATM or Credit Card is best! We suggest bringing approximately \$75 per week. This is for personal expenses, baggage fees, gear replacement and gifts. Cash can be exchanged for local currency either ahead of time through a currency exchange service or bank, or at the airport upon arrival. If you run out of money, **you have spent too much.** Unless there is an emergency, **Bold Earth will not advance money.**

Baggage Fees: Each airline has different fees for checked baggage. Save or bring cash for the end of the trip to check your bags home. Before arriving at the airport, check the baggage policies for your reservation. If you have difficulty locating this information, the Bold Earth team will be happy to assist you!

Emails: Trip Leaders will have access to email/web about once a week.

Time: Fiji's time is 20 hours ahead of Colorado which is in the Mountain Standard Time Zone.

Laundry: We visit laundromats weekly. You will wash your own clothes, we provide the suds, coins and know-how. Many participants have identical jeans, socks, hiking boots, etc. A good practice is to put your name on items which are not unique to you.

Trip Journal: Bring along a notebook to record the challenges and successes of your adventure.

Health: Please consult the “Medical Concerns” form on your Camper Resource Center for more information.

Suggested Reading List: The people, places and activities you will encounter on your trip are diverse and incredible. These are a few books offering background information. We suggest you consider reading these books before, during or after your adventure. Also, you might like to read Outside Magazine, Backpacker Magazine or Trilogy Magazine, available everywhere. For more adventurous reading, check out **Extreme Classics: The 100 Greatest Adventure Books of All Time.**



Children of the Sun: Fiji Islands, by Glen Craig.

This is a collection of wonderful photographs by long time Fiji resident/visitor Glen Craig has a quirky and vibrant photographic style and his photographic sense of humor shines through. The fly leaf to the book proclaims: “This book is a celebration of the peoples of the Fiji islands whose wonderful spirit and spontaneity is evident in the many and varied images. May they and all visitors to these shores protect and nurture this spirit for all present and future Children of the Sun.”



Fiji, A story of the History of the Island, by Sir Alan Burns

The story of Fiji from the days of its discovery onwards - a story which includes such diverse and exotic characters as Joseph Bulu, the Tongan missionary; William Lockerby, British sailor and adventurer; Cakobau, the great ruler who ceded Fiji to Queen Victoria; and Corporal Sefanaia Sukanaivalu, the Fijian who won a posthumous V.C. in the second world war.



Moon Fiji, By David Stanley

South Pacific expert and veteran travel writer David Stanley knows the best way to experience Fiji, from making the most of one of the world's premiere diving spots to getting away from it all in lesser-known villages. David provides great trip ideas for a variety of travelers, such as Best of Fiji, Island-Hopper Special, and The Life Aquatic.