

What to bring!

Fiji Islands Discovered



Don't leave home without:

- Passport with minimum 6 months validity remaining at date of arrival home
- Photocopy of passport (leave another copy at home with family/friends)
- Insurance policy (leave a copy at home with family/friends)
- VESA Travel Waiver printed and filled in
- Toiletries to be bio-degradable (more info on pg 2)
- Any prescribed medications
- Gastro kit essentials (see sidebar) →
- General first aid kit essential (see sidebar) →



A basic gastro kit includes:

- Gastrolyte tablets or similar for fluid replacement
- Imodium or similar for diarrhea
- Maxolon or similar for nausea and vomiting

A basic first aid kit includes:



- antiseptic
- painkillers
- wound-cleaning gauze
- sterile dressings
- bandage tape
- plasters
- tweezers
- scissors

Bedlinen will be provided in both your homestay and the island accommodations

Weather

Fiji's climate is warm and tropical year-round. The average temperature in Fiji is 25°C (77°F), but it can climb to above 30°C (86°F) in summer (December and January) and sink to 18°C (64°F) in winter (July and August).



Village clothing:

- T-shirts and tops (plus old shirt for painting)
- Dress or skirt and top that covers the shoulders and knees for the village (girls)
- Shorts/capri pants, light weight long pants
- Closed toe shoes/boots for volunteer work
- Sarong (in Fiji they are called Sulu) – you'll be given a VESA sulu on arrival
- Rain jacket and wet weather gear
- Sunglasses, hat and work gloves for construction
- Lots of socks and underwear



Island clothing:

- Holiday clothes – dresses, shorts, t-shirts/singlets/tank tops
- Sandals or flip flops/Havaianas and swim shoes to prevent coral cuts
- Swimmers (girls...bikinis are fine)
- Light sweater for night time

Other important essentials:

- A large backpack is recommended but not a rule – we'll be on and off planes, coaches and boats and you will be carrying your own luggage
- Day pack (small) for volunteer work to carry water, first aid kit, sunscreen, camera and insect repellent
- Reusable water bottle for personal use (not a bottle of water)
- Sunscreen with min 30+ protection (preferably natural sunscreen so that the chemicals from normal sunscreen aren't running off to feed the fish!)
- Insect repellent with high Deet content (again, if possible, insect repellent that isn't a spray so that we can avoid spraying all plants and insects around)
- Calamine lotion for bites, sunburn and other skin irritations
- Towel (fast dry travel towels are recommended)
- Biodegradable soap, shampoo and conditioner, preferably as little plastic as possible (Lush offers shampoo bars, so that you just pick up a new bar to refill the tin, and poof... no more plastic waste!)
- Sufficient medications for the duration of your stay if applicable
- Flashlight and spare batteries
- Power adaptor (available for purchase at travel shops) to recharge phones etc.
- Small padlock for your pack/bag

Nice to have:

- Neck cushion for plane and coach travel
- Sleeping bag liner/inner sheet optional (it is too hot for a sleeping bag)
- Earplugs for the early start of a Fiji village (think noisy kids and chickens etc.)
- Spending money for souvenirs, drinks and optional activities etc. There are ATMs at Nadi airport where you can withdraw local Fiji currency with your regular EFTPOS card
- Small useful items as gifts for the students or school i.e. old sport jerseys/hats/soccer balls or children's books and stationery



Vaccinations

While no vaccinations are mandatory for travel to Fiji, VESA strongly recommends that you speak to a medical practitioner about any immunisations you may need. A first aid kit is essential for travel in Fiji.

Your Home stay family will assist you with any laundry requirements you may have during your visit



**CHANGE.
MADE BY YOU.**

Travel Responsibly

