



Hawaii Packing Guide

I've packed my fair share of bags for trips to Hawaii! What goes into your suitcase on one holiday can differ from the next, depending on the length of trip, where you're staying, what activities you're doing and how fashionable you'd like to be.

I used to loathe packing for Hawaii, always leaving it to the last minute. Finally, I found my packing-for-paradise mojo by organizing items based on categories, and then storing those things together in designated bags within my Carry-on Bag and Checked Luggage. Everything had its place, and I could easily find and access everything I needed.

This eBook is my comprehensive packing guide for the Hawaiian Islands, a checklist with insider tips that I hope will help ease the "I don't know what to pack" part of your travels.

HOW TO USE THIS HAWAII PACKING GUIDE

Step 1: Consider each suggestion I've made, along with the travel tips. Don't be afraid to add your own notes!

Step 2: In the 1st column put a tick or cross next to each item depending on if you'd like to pack it or not. Can't decide? Leave it blank and come back later.

Step 3: In the 2nd column tick off the item after it's packed safely in your luggage... and then check for the double-ticks to ensure you haven't forgotten anything.

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PERUSE HAWAII PACKING GUIDE ONLINE

All of the underlined items I recommend in the eBook can be found in **The Hawaii Admirer Amazon Shop:**

[amazon.com/shop/hawaiiadmirer](https://www.amazon.com/shop/hawaiiadmirer)

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Carry-On Bag

BACKPACK OR CARRY-ON SUITCASE



I RECOMMEND USING:
Herschel Backpack

WHAT I PACK INSIDE MY CARRY-ON:

- ▶ THE ESSENTIALS
- ▶ TRAVEL WALLET
- ▶ AIRPLANE AMENITY KIT
- ▶ EXTRA COMFORTS
- ▶ ENTERTAINMENT CASE

I've used a Backpack as my trusty Carry-on Bag for years! I personally prefer a Backpack over a Carry-on Suitcase because Backpacks are easily transported on your back leaving both of your hands free! Once in Hawaii, the Backpack comes in useful for day trips and excursions around the islands.

If you prefer using a Carry-on Suitcase, check that it meets your airline's carry-on bag weight and length restrictions, as well as width and height limits.

My method is to place key items (the essentials usually found in my Handbag) in the Backpack's front pocket and place my empty Handbag into my Checked Luggage to use later in Hawaii. All other important items needed for the flight are placed inside my Backpack. Some travelers may prefer to use their Handbag as usual, in addition to their Carry-on Bag. It's totally up to you!

Carry-On Bag: THE ESSENTIALS

CLICK TO SHOP >> THE ESSENTIALS	✓ OR X	PACKED ✓
Your Purse/Wallet <i>Only keep in the cards that you'll be using in Hawaii.</i>		
U.S. Cash <i>Arrive with some U.S. cash including dollar bills for tipping.</i>		
Credit, Debit or Travel Money Cards <i>Most Hawaii hotels and car rental companies will require a Credit Card for security purposes. Don't use your Debit or Travel Money Card because they usually put a hold on funds and once released it can take up to a week for them to be returned to your account, so you'll likely lose access to that money while away!</i>		
Prescribed Medications <i>Keep labels on to prove it's your prescription.</i>		
Valuables <i>You'll want to keep any jewelry and watches etc. in a <u>Small Pouch, Case</u> or <u>Roll Bag</u> close to you.</i>		
Your House and Car Keys <i>Leave a second set of house and car keys with a neighbour, family or friend incase of emergencies.</i>		
<u>Sunglasses (Folding are good) and Case</u>		

TIP: Call your Bank and Credit Card companies to let them know you are traveling to Hawaii, USA. Request to add a "travel note" to your account(s) by stating when and where you are traveling. Providing this information helps ensure these companies won't suspect fraud, due to unusual card activity in a foreign country, and your cards are less likely to be "frozen" while on holidays.

Carry-On Bag: TRAVEL WALLET



I RECOMMEND USING: Herschel Travel Wallet

Invest in a good Travel Wallet to keep your trip-related documents safe and accessible. We live in a digital world but should anything happen to you on holiday a well-organized Travel Wallet will prove invaluable!

On a previous Hawaii trip I had to help a lady who'd had a seizure, lost consciousness and ended up in the hospital. To my surprise, and thank goodness, she kept a meticulous Travel Wallet. I found it with her belongings and was able to provide much-needed information to medical staff on her behalf. This is crucial in the U.S. because hospitals want to see your proof of identity and Travel Insurance details. If you have Medical Coverage, they need to find out what it is and start the paperwork immediately. If you don't have Medical Coverage, it can affect your treatment options and you'll likely have to foot the bill out-of-pocket. For me, Travel Insurance is a non-negotiable and I source mine through **Cover-More**.

TIP: Go ahead and scan or photograph your important trip-related documents and email them to yourself for safe keeping. This way, if something goes wrong you can still access copies from anywhere in the world using the internet.

CLICK TO SHOP >> TRAVEL MUST-HAVES	✓ OR X	PACKED ✓
Passport <i>It's recommended that your Passport has at least six months validity beyond the period of intended stay.</i>		
Another Form of Photo I.D. <i>This should be a government-issued Photo I.D. like a Driver's License.</i>		
Your Processed ESTA Print Out (or Visa) READ: Do I Need a Visa for Hawaii?		
Travel Insurance Policy <i>A print out of your Travel Insurance Policy details.</i> READ: Hawaii Travel Insurance, Do I Need It?		
Information on Medical Conditions <i>If you suffer from any medical conditions please list this information on paper including medications and dosage information and keep in your Travel Wallet.</i>		
Emergency Contact <i>Pop in a piece of paper that has the contact details of who to call in case of an emergency.</i>		
Trip Itinerary <i>If you've booked through a Travel Agent they should have sent this information to you, otherwise draft up a document with a brief day by day breakdown.</i>		
Travel Confirmations/Receipts <i>Flight, accommodation, car hire and tour confirmations/receipts are usually kept digitally on email but consider printing hard copies incase you lose your phone, don't have internet access or service when you need it. At the very least have your confirmation numbers written down somewhere.</i>		

Carry-On Bag: AIRPLANE AMENITY KIT

Don't rely on the Airline for an Amenity Kit, make your own! You'll most likely find most of these items hiding in your bathroom cupboard.

If you fly Hawaiian Airlines on an International route (scheduled for 8 hours or longer) you'll receive a free Amenity Kit in Extra Comfort or Business Class seats (contents may vary).



EXTRA COMFORT INCLUSIONS:

Sig Zane designed bag, eye mask, earplugs, tissues, bamboo comb, pen, mini-toothbrush and toothpaste, face mist, lip balm, lotion and headset.



BUSINESS CLASS INCLUSIONS:

Sig Zane designed bag, eye mask and socks, earplugs, tissues, bamboo comb, pen, mini-toothbrush and toothpaste, face mist, lip balm and lotion.

TIP: All liquids and gels in your Carry-on Bag must be 100ml or less in size. If over 100ml, either pack them in your Checked Luggage or transfer them into 100ml or less Travel Bottles. Store liquids and gels together in a Ziploc bag or Clear Travel Toiletry Bag so you can easily take them out for security screening!

CLICK TO SHOP >> AIRPLANE AMENITY KIT	✓ OR X	PACKED ✓
Glasses and Eyeglasses Case <i>Make sure you have access to your Glasses/Contact Lense prescription should you need it while away.</i>		
Contact Lenses and Travel Pack <i>Pack extra Contact Lenses in your Checked Luggage!</i>		
Clear Eyes <i>The cabin gets dry therefore I always bring eye drops.</i>		
Pain Relief <i>There is nothing worse than getting a headache onboard and not having any pain relief on hand.</i>		
Travel Tissues		
SPF Lip Balm		
Hygiene Kit or at the least Hand Sanitizer		
Dental Travel Kit		
Body Wipes or Wet Ones		
Travel Size Body Lotion		
Travel Size Deodorant		
Sleep Mask with Ear Plugs		
Feminine Products		
Travel Brush and Hair Elastics		
Can't live without "touch up" Make-Up		
A couple of Band-aids		

Carry-On Bag: EXTRA COMFORTS

These items can provide passengers with a little extra comfort during medium to long haul and night flights.

CLICK TO SHOP >> EXTRA COMFORTS	✓ OR X	PACKED ✓
Neck Pillow Either of the Neck Cushion , Hooded Neck Cushion or Inflatable Neck Pillow variety. Buy before you go because Neck Pillow airport inflation is real.		
A Hoodie or Travel Wrap The cabin can get cold, some airlines provide a blanket but it's usually lightweight! A Hoodie or Travel Wrap is also ideal for Hawaii's cooler nights.		
Socks I have a dedicated pair of Stance Socks for airplane travel and I'm obsessed with them! If you have health concerns consider Compression Socks .		
Change of Clothes Just in case the Airline loses your luggage, throw in a spare outfit or at the very least a fresh pair of underwear... or try Panty Fresh On-The-Go .		
Hydrating Face Mask My friend Celeste from The True Spoon swears by mile-high sheet face-masking and recommends the Whamisa Organic Hydrogel Facial Mask .		
Eatables! Snacks are a must-have onboard, nuts, chips, candy or breath mints, whatever you prefer.		
Water Bring a Refillable Water Bottle or buy water airside.		

Carry-On Bag: ENTERTAINMENT CASE

In the digital age, make sure you don't forget your favorite gadgets, chargers and trusty adapters!

CLICK TO SHOP >> ENTERTAINMENT CASE	✓ OR X	PACKED ✓
Mobile Phone, Charger and Adaptor READ: How Can I Use My Mobile Phone in Hawaii?		
U.S. Travel SIM Card READ: Where Can I Buy a SIM Card for Hawaii?		
Portable Phone Charger & Case A life-saving travel tool, just remember to charge it!		
Noise Cancelling Headphones or Earbuds My Bose Noise Cancelling Headphones are a big help for sleeping on the plane!		
Books/Magazines/Hawaii Travel Guides		
Notebook and Pen The pen is handy for filling in U.S. custom forms.		
Laptop, Charger and Adaptor For those who have to work while they're away, or perhaps want to watch Netflix on the hotel WiFi :)		
Camera with Accessories and Case		

TIP: A few days before your flight start charging up your electronics so that everything is good to go! Put new batteries in any battery-operated items and check cameras to make sure they have the required batteries and memory cards.

Checked Luggage

SUITCASE



I RECOMMEND USING:
[Timberland Suitcase](#)

WHAT I PACK INSIDE MY SUITCASE:

- ▶ TOILETRY BAG
- ▶ MAKE-UP
- ▶ OUTDOORSY STUFF
- ▶ CLOTHING & SHOES
- ▶ HANDY-TO-HAVES
- ▶ EXTRAS FOR KIDS

Each to their own when it comes to luggage, but I personally love my Timberland Suitcase.

The secret to easy travel is having an expandable suitcase with four-wheels! I organize the contents of my suitcase into bundles. The best hack is using [Packing Cubes/Travel Bags](#), they are a total game-changer!

TIP: If you plan on doing a lot of shopping, pack a suitcase within a suitcase (to fill up for your return) or pack a [Folding Duffel Bag](#). You won't find any shopping carts at Ala Moana Center or Waikale Premium Outlets, so consider taking an empty suitcase with you. It's so much easier to place purchases into a suitcase and wheel them behind you than juggling lots of bags.

Checked Luggage: TOILETRY BAG

I love a [Leather Toiletry Bag](#), they last the distance.

CLICK TO SHOP >> TOILETRY BAG	✓ OR X	PACKED ✓
Prescribed Medications, Vitamins or Contact Lenses <i>All essential Prescribed Medications should go in your Carry-On incase the Airline loses your luggage!</i>		
Toothbrush and Toothpaste, Toothbrush Protector and Dental Floss		
Brush and Hair Elastics		
Mini Hair Straightener and Adapter <i>Most hotels will have a Hairdryer.</i>		
Travel Size Deodorant <i>Omit this if you have it in the Airplane Amenity Kit.</i>		
Feminine Products		
On-The-Go Razor and Shave Foam		
Travel Size Soap or Body Wash <i>Most hotels will have either Soap or Body Wash.</i>		
Travel Nail Care Kit		
Makeup Removing Wipes		
Your Skincare and Body Lotion		
Perfume Roll-on		
Shampoo and Conditioner Travel Size <i>Most accommodations will provide this.</i>		

Checked Luggage: MAKE-UP

I'll preface this section by admitting I'm not much of a make-up gal. Lucky for me Hawaii's warm weather and outdoor lifestyle is a great excuse to go make-up free or keep it light by wearing the bare essentials.

Don't forget that cosmetics are a good price in Hawaii, so anything you're missing can be purchased at your nearest Sephora, M.A.C, Macy's or even ABC Store!

You can also make things super easy by bringing along an [All-In-One Makeup Kit](#).

CLICK TO SHOP >> MAKE-UP	✓ OR X	PACKED ✓
Tinted Moisturizer		
Foundation and Make-up Sponges		
Eyeshadow and Brushes		
Mascara		
Long Wear Lipsticks		
Creme Blush		
Highlighter Sticks		
Your Favorites!		

TIP: I always store my make-up in a [Lined Case](#) to protect everything in case of accidental spillages.

Checked Luggage: OUTDOORSY STUFF

CLICK TO SHOP >> OUTDOORSY STUFF	✓ OR X	PACKED ✓
Beach Bag		
Beach Towels <i>Good to buy in Hawaii as they make great souvenirs!</i>		
Snorkel Set <i>You can also buy or rent them in Hawaii.</i>		
Reef-Safe Sunscreen and After-Sun Gel <i>Sunscreen should state "reef-safe" meaning they are without the ingredients oxybenzone and octinoxate.</i>		
Swimwear (2 sets) and Waterproof Bag		
Rash-guard (Womens & Mens) <i>Great for sunburn-free surfing, diving, snorkelling.</i>		
Swimwear Cover Up or Sarong <i>Beach lovers will basically be living in this!</i>		
Trucker Hat <i>Trucker-style hats are all the rage in Hawaii.</i>		
Water Shoes <i>If you plan on spending a lot of time snorkelling.</i>		
Hiking Shoes and Hiking First Aid Kit <i>Unless you're planning to do some hard core hiking trails your Running Shoes will probably do the trick!</i>		
Bug Spray		
Motion Sickness Relief <i>Recommended if you plan on taking a boat tour or helicopter ride and are prone to motion sickness.</i>		

Checked Luggage: CLOTHING

Shopping is popular in Hawaii and chances are you're going to buy clothes while there, therefore only bring the basics. I've based the list below on a week stay.

CLICK TO SHOP >> CLOTHING	✓ OR X	PACKED ✓
A couple of Day Dresses A loose <u>T-shirt Dress</u> is a lifesaver.		
A couple of Evening Outfits		
Casual Shorts (2-3) and one Skirt Can't go wrong with <u>jean shorts</u> in my opinion!		
Casual Singlets/Tees/Tops (4-5)		
One pair of Jeans or Lightweight Pants		
<u>Cardigan</u> or Light Jacket Temperatures drops in the evening up to 10°C (50°F).		
Workout Gear (2 sets) Good for exercise plus ATV's, hiking and ziplining etc.		
Underwear (Undies and Bras)		
Pajama's		
<u>Tropical Dress</u> or <u>Hawaiian Shirt</u> for Luau Or go all out with matching Aloha Wear Outfits!		
Handbag/Clutch		

TIP: Get onboard with Packing Cubes/Travel Bags and keep things clean by using Shoe Bags and a Laundry Bag for dirty clothes.

Checked Luggage: SHOES

In Hawaii I wear thongs 90% of the time but it's always good to have sandals or a nice pair of flats for dressier events. Heels are pretty uncommon but can be worn for special occasions. Running shoes are good for tours and activities, but if you're heading into nature make sure you don't mind getting them dirty. There's a lot of red dirt on Kauai and most Hawaii hikes can get muddy.

CLICK TO SHOP >> SHOES	✓ OR X	PACKED ✓
One pair of Thongs They call these Slippers or Flip Flops in Hawaii, Thong means something else over here (g-string...). <u>Havaianas</u> will always be my number one footwear.		
One pair of Casual Shoes e.g. Sandals I love a local brand of Sandal called <u>Olukai</u> .		
One pair of Dress Shoes e.g. Flats I invested in <u>Ballet Flats</u> and they are fabulous!		
Your Runners I have black <u>Hoka One Ones</u> , very comfortable.		
Socks		

TIP: If you're visiting Hawaii's high country, like the mountaintops of Maunakea (Big Island) or Haleakala (Maui), you will need to bring winter clothing. It gets colder the higher up in elevation you go and it can even snow! Alternatively, you could always go to a Goodwill (thrift store) in Hawaii and buy a cheap winter outfit for the tour and then gift it back afterwards.

Checked Luggage: **HANDY-TO-HAVES**

CLICK TO SHOP >> HANDY-TO-HAVES	✓ OR X	PACKED ✓
<u>Luggage Tags and Passport Cover</u> <i>Tag every single item you are traveling with.</i>		
<u>Car Phone Charger</u> <i>If renting a car in Hawaii this is essential to have!</i>		
<u>Hawaii Maps</u>		
<u>Travel Plug Adapter for small appliances</u> <u>Power Travel Adapter for large appliances</u>		
<u>Waterproof Dry Bag</u> <i>Using a Waterproof Dry Bag means you won't have to leave any valuables on the beach.</i>		
<u>Selfie Stick</u>		
<u>Smartphone Tripod</u>		
<u>Quick Dry Towel or Sleeping Bag Liner</u> <i>Useful if you are staying in a hostel.</i>		
<u>Compact First Aid Kit</u>		
<u>TSA Luggage Locks</u> <i>Only use Transportation Security Administration (TSA) locks in Hawaii. TSA screeners have access to special tools that allow them to open TSA-accepted locks in the event that your bags must be opened for inspection. They open your locks, inspect, and re-lock your bags with no need to cut your locks or force your bag open which risks damaging it. Look out for the TSA-approved logo when purchasing.</i>		
<u>Money Belt</u>		

<u>Travel Clothesline</u> <i>To wash Swimwear/Underwear and hang to dry.</i>		
<u>Luggage Scale</u> <i>Good to have if you are flying a low-cost carrier with strict luggage allowance.</i>		
<u>Small Flashlight (Torch)</u>		
<u>Travel Sewing Kit</u>		
<u>Mini Umbrella or Ponchos</u> <i>Especially if going to Kauai, or just embrace the rain!</i>		
<u>Outdoor Blanket</u> <i>This is a great item to bring to Hawaii!</i>		
<u>Travel Electric Kettle</u> <i>Most hotels have Coffee Makers rather than Kettles, odd but true! This is an option for those that want to boil clean non-coffee tasting water for a cuppa tea!</i>		
<u>Re-useable Shopping Bags</u> <i>They're 15c per bag in Hawaii otherwise.</i>		
<u>Binoculars</u> <i>Useful if on the cruise ship or enjoy bird watching.</i>		
<u>Vegemite Travel Tube</u> 😊		
<u>Bluetooth Speaker</u> <i>Who doesn't like hearing their own tunes by the pool!</i>		
<u>Camping Gear (if camping)</u> <i>Another idea is to head straight to your nearest Walmart to buy what camping gear you need.</i>		
<u>Business (or Personal) Contact Cards</u> <i>Don't forget, traveling is a great opportunity to make new friends and connections.</i>		

Checked Luggage: EXTRAS FOR KIDS

I thought I'd share some ideas for things that might come in handy if you're traveling to Hawaii with kids.

CLICK TO SHOP >> EXTRAS FOR KIDS	✓ OR X	PACKED ✓
Diaper (Nappy) Bag and Changing Pad		
Nappies/Diapers (Day, Night, Swim)		
Bottle (Formula, Food, Snacks)		
Your Car Seat <i>Check with your Airline regarding car seats, some allow them as Carry-on and/or Checked Luggage.</i>		
Portable Booster Chair		
Portable and Foldable Stroller and Bag		
iPad or Similar, Charger and Adapter		
Comfort Blanket		
A couple of Books/Toys/Beach Toys		
Plastic Bowls, Spoons, Cups		
Poncho Towel		
Wipes Travel Pack		
Kids First Aid Kit <i>Add in bits and pieces from home e.g. Thermometer.</i>		
Baby & Kids Reef-Safe Sunscreen <i>Sunscreen should state "reef-safe" meaning they are without the ingredients oxybenzone and octinoxate.</i>		

TIP: For baby equipment hire, check out [Paradise Baby Co.](#) and [Baby Onboard Hawaii](#). Another idea is to visit Walmart and purchase the items (works well for car seats) and then donate them to a Goodwill (thrift store) before you depart.

Checked Luggage: ARRIVAL DAY PACK

TIP: Don't expect your hotel room to be ready on arrival unless you have pre-booked the night before, which will always guarantee it! Hawaii hotel check-in times are usually from 3-4pm. Hotels usually allow you to store your bags with the concierge.

You might like to consider putting together an "Arrival Day Pack" within your suitcase. It should contain anything you might need for that period of time while you are waiting to check-in to your hotel. This way you aren't trawling through your bag at the concierge desk trying to find what you want to get out of your bag before storing it. It should basically be a pre-packed bag e.g. for a beach day with swimwear, sunscreen etc.

If you are staying somewhere in Waikiki that doesn't have bag storage, drop your luggage off at [Aloha Lockers Hawaii](#) or [Waikiki Baggage Storage](#) or arrange pick-up with [Your Hawaii Connection](#).

If you're flying a low-cost carrier (like Jetstar) and think you'll be over your luggage weight, go online or call the Airline prior to departure to add-on extra luggage. It's cheaper that way, rather than getting stung at the Airport if you're over weight.

Feedback: I hope you've found this Hawaii Packing Guide useful. For any questions or comments please email ashlee@thehawaiiadmirer.com.