AT THE EDGE OF THE MAP

Raja Ampat Packing List

Raja Ampat is remote: you can't pop into a shop for something you forgot. Use this checklist to pack for snorkelers, divers and island hoppers.

Tip: bring everything you're likely to need for the whole trip. Most homestays don't have snorkel gear, fins or towels, and medicine is hard to find after Waisai.

Items highlighted in yellow are the 20 essentials.

Health and First Aid

- [ ] Prescription medication for the full stay, in its original packaging
- [ ] Contraception and personal essentials
- [ ] Menstrual products (hard to find after Waisai)
- [ ] Waterproof plasters, sterile gauze, medical tape
- [ ] Antiseptic wipes, small tweezers and scissors
- [ ] Jellyfish sting spray
- [ ] Heartburn medicine, probiotics, anti-diarrhoea tablets, activated charcoal
- [ ] Broad-spectrum antibiotics (check with your doctor)
- [ ] Thermometer and fever medicine
- [ ] Painkillers, cold and sore-throat medicine, antihistamines
- [ ] Ear drops (especially if you're in the water a lot)
- [ ] Electrolyte sachets or oral rehydration salts
- [ ] Travel insurance with emergency evacuation (and DAN if you dive)

Mosquito Protection

- [ ] Strong mosquito repellent (ask the pharmacist for the strongest one)
- [ ] Long-sleeved clothing for evenings

Clothes and Footwear

- [ ] Lightweight, quick-drying clothes
- [ ] Light rain jacket that also blocks wind
- [ ] Buff or scarf for windy boat rides
- [ ] Modest outfits for villages and Sunday mass
- [ ] Proper shoes for the viewpoint trails (no flip-flops)
- [ ] Water shoes (stonefish and dead coral)
- [ ] A warm change of clothes for evenings and air-conditioned ferries
- [ ] Small laundry detergent or a travel laundry bag

Toiletries and Homestay Essentials

- [ ] Toothpaste, soap, shampoo and conditioner (solid bars if possible)
- [ ] Deodorant and regular hygiene products

- [ ] Quick-drying towel
- [ ] Hair ties and a hairbrush
- [ ] Toilet paper (island toilets often don't have it)
- [ ] Wet bag for damp swimwear
- [ ] Small daypack for excursions
- [ ] Reusable water bottle
- [ ] Sealed bags for snacks (insects and mice)
- [ ] Earplugs and a sleep mask
- [ ] Headlamp or torch for walking to the bathroom after dark
- [ ] Multiplug and long charging cables
- [ ] Powerful power bank (the generator can fail)

Snorkel and Reef Essentials

- [ ] Your own mask and snorkel (try them on in person)
- [ ] Fins of a proper size, plus fin socks to avoid blisters
- [ ] Rash guard and light trousers for snorkelling
- [ ] Reef-safe sunscreen (use as little as you can)
- [ ] Waterproof dry bag for valuables on boats

Diving Extras

- [ ] Full-length wetsuit (or a shorty, if the water allows)
- [ ] Dive computer (the islands don't have spares)
- [ ] Quick-drying towel poncho for changing between dives
- [ ] Luggage tracker and a photo of your luggage
- [ ] Dive insurance (check it covers diving)

Food and Drinks

- [ ] Snacks you like (few shops near the homestays)
- [ ] Alcohol, bought in Sorong (not sold on the islands)
- [ ] Protein powder or bars if you don't eat meat

Gifts for Villages and Schools

- [ ] Balls, notebooks and pens for children (only if you plan to visit a school)