Packing List for Papua New Guinea

When planning a trip to PNG try to go around the same time as one of the cultural festivals. The two most popular ones are the Mt. Hagen Cultural Show (mid/late August) and the Goroka Cultural Show (mid-September). This packing list is for a three week trip to the Sepik river and Highlands. {Hot tip: Copy/save this list and customize by adding new items and replacinig others!}



Packs

- [ ] Backpack – Something that you can use a daypack later in the trip
- [ ] International carry-on roller
- [ ] Packable extra bags

Sepik Clothing

- [ ] 3-4 dresses – below the knees and lightweight https://herpackinglist.com/guide-to-packing-for-conservative-countries/
- [ ] 2-3 tank tops – shoulders are fine to show, just stay away from spaghetti strap
- [ ] 1 over-shirt
- [ ] 1 lightweight travel/hiking pants
- [ ] 1 pair of shorts Bermuda length
- [ ] 5-7 pairs of underwear https://herpackinglist.com/fast-drying-womens-travel-underwear/
- [ ] 1 swimsuit (one piece) – no bikinis out of respect for the locals
- [ ] Lightweight skirt or shorts
- [ ] 1 sarong

- [ ] 2 sports bras & 1 regular
- [ ] 1 pair of flip flops
- [ ] 1 pair of sandals
- [ ] 1 pair of walking/running shoes
- [ ] Socks https://herpackinglist.com/travel-socks-guide/

Highland Clothing

- [ ] Raincoat
- [ ] Hoodie/Sweater
- [ ] 1 pair of leggings

Other

- [ ] Money neck pouch
- [ ] Medication
- [ ] Gifts - If you are planning on visiting any villages during your trip, such as reading glasses, clothes, pain medication and solar lights
- [ ] Water bottle
- [ ] Sunscreen
- [ ] Bug spray
- [ ] Sunglasses
- [ ] Hat
- [ ] Lip balm

Electronics

- [ ] Adapter
- [ ] Headlamps
- [ ] Camera

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