

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 replacing 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
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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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