

FRENCH POLYNESIA

Trip Planning Checklist

CATEGORIES INCLUDED



BEFORE YOU BOOK



BOOKING ESSENTIALS



PLANNING ISLAND ACTIVITIES



TRIP PREP



MONEY & PRACTICALITIES



UPON ARRIVAL



DURING YOUR TRIP



BEFORE RETURNING HOME



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FRENCH POLYNESIA

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BEFORE YOU BOOK

- ☐ **CHECK PASSPORT VALIDITY** (MUST BE VALID 6+ MONTHS BEYOND YOUR TRAVEL DATES)
- ☐ **CONFIRM VISA REQUIREMENTS** (MOST TRAVELERS GET 90 DAYS VISA-FREE)
- ☐ **CHOOSE YOUR TRAVEL DATES** (DRY SEASON, SHOULDER SEASON, OR WET SEASON)
- ☐ **COMPARE FLIGHTS** TO PAPEETE (PPT) FROM YOUR HOME AIRPORT
- ☐ **RESEARCH WHICH ISLANDS YOU WANT TO VISIT** (TAHITI, MOOREA, BORA BORA, HUAHINE, RANGIROA, ETC.)
- ☐ **SET A REALISTIC BUDGET** (ACCOMMODATIONS, FOOD, INTER-ISLAND FLIGHTS, ACTIVITIES)

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BOOKING YOUR ESSENTIALS

- ☐ **BOOK INTERNATIONAL FLIGHTS EARLY**
- ☐ **RESERVE ACCOMMODATIONS** (ESPECIALLY OVERWATER BUNGALOWS, WHICH FILL FAST)
- ☐ **BOOK INTER-ISLAND FLIGHTS OR FERRIES** (AIR TAHITI MULTI-ISLAND PASS IS A GOOD VALUE)
- ☐ **HOLD SPOTS FOR HIGH-DEMAND ACTIVITIES** (LAGOON TOURS, DIVING, WHALE WATCHING)
- ☐ **CONSIDER TRAVEL INSURANCE**, ESPECIALLY WITH MEDICAL EVACUATION COVERAGE

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PLANNING ISLAND ACTIVITIES

- ☐ **CHOOSE FROM EXCURSIONS LIKE:**
 - ☐ SNORKELING OR SCUBA DIVING
 - ☐ LAGOON TOURS & MOTU PICNICS
 - ☐ HIKING IN MOOREA OR TAHITI
 - ☐ WHALE WATCHING (JULY - OCTOBER)
 - ☐ CULTURAL TOUR & VANILLA PLANTATIONS
- ☐ **MAKE DINNER RESERVATIONS** IF STAYING ON A SMALL ISLAND
OR OVERWATER BUNGALOW RESORT
- ☐ **RESEARCH LOCAL EVENTS, FESTIVALS, OR HEIVA
CELEBRATIONS** IF TRAVELING MID-YEAR

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BOOKING YOUR ESSENTIALS

- ☐ **BUY REEF-SAFE SUNSCREEN** (REQUIRED IN MANY AREAS)
- ☐ **PACK SNORKELING GEAR** (IF YOU PREFER YOUR OWN)
- ☐ **BRING LIGHTWEIGHT, BREATHABLE CLOTHING**
- ☐ **ADD WATERPROOF SANDALS, RASH GUARDS, AND SUN HATS**
- ☐ **PACK MOTION-SICKNESS REMEDIES** IF TAKING FERRIES OR
SMALL BOATS
- ☐ **DOWNLOAD OFFLINE MAPS AND TRANSLATION APPS**
- ☐ **CONSIDER AN ESIM OR ISLAND-WIDE CONNECTIVITY**

CHECKLIST FOR OVERSEAS TRAVEL

MONEY & PRACTICALITIES

- ☐ **NOTIFY YOUR BANK OF INTERNATIONAL TRAVEL**
- ☐ **BRING A MIX OF CARDS AND SMALL CASH** FOR MARKETS AND SMALL SHOPS
- ☐ **TIP MODERATELY** (NOT REQUIRED, BUT APPRECIATED FOR EXCELLENT SERVICE)
- ☐ **CONFIRM WHETHER YOUR HOTEL INCLUDES TRANSFER** FROM THE AIRPORT OR DOCK



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ON ARRIVAL

- ☐ **EXCHANGE OR WITHDRAW LOCAL CURRENCY** AT PPT AIRPORT
IF NEEDED
- ☐ **DOUBLE-CHECK INTER-ISLAND FLIGHT TIMES OR FERRY**
SCHEDULES
- ☐ **STAY HYDRATED** (TROPICAL HEAT CAN SNEAK UP ON YOU)
- ☐ **SETTLE INTO ISLAND TIME** (EXPECT SLOWER, MORE RELAXED
SERVICE PACE)



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DURING YOUR TRIP

- ☐ **PROTECT REEFS** (NO TOUCHING CORAL OR STANDING ON LAGOON FLOOR)
- ☐ **RESPECT LOCAL CUSTOMS** AT CULTURAL SITES
- ☐ **STAY AWARE OF CURRENTS WHEN SWIMMING** OUTSIDE THE LAGOON
- ☐ **KEEP VALUABLES SECURED** IN A ROOM SAFE
- ☐ **SUPPORT LOCAL BUSINESSES, CRAFTSPEOPLE, AND GUIDES**

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BEFORE RETURNING HOME

- ☐ **CONFIRM INTERNATIONAL FLIGHT TIME**
- ☐ **LEAVE ROOM IN YOUR BAG** FOR TAHITIAN VANILLA, MONOI OIL, OR CRAFTS
- ☐ **CHECK U.S. RE-ENTRY REQUIREMENTS** (USUALLY SIMPLE, BUT VARIES WITH TIME)



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