

What to wear in the Cook Islands

Light, comfortable clothing is suitable for our tropical climate. When visiting communities and places of worship, please dress respectfully in keeping with local customs.

At beaches and pools
Swimwear is appropriate at the beach and poolside. Please respect local customs by avoiding overly revealing swimwear. Nude or topless sunbathing will offend.

In town and villages
Please cover up before visiting shops, cafés and villages. A shirt or T-shirt with shorts, a skirt or a pāreu over your swimwear or gym attire is appropriate.

When attending church
Please choose modest clothing that covers your shoulders and knees, such as a collared shirt or a suitable dress or skirt.

Meitaki for respecting our customs and way of life.

For more info
SCAN ME