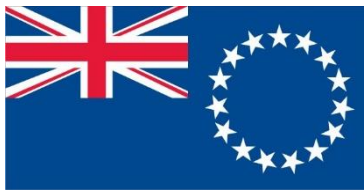


Cook Islands

Travel Facts



US State Department Travel Advisory

The US State Department currently recommends US citizens consult its website daily via the link below for updates to travel advisories and statements on safety, security, local laws, and special circumstances about visiting United Kingdom and Cook Islands. <https://travel.state.gov/content/travel/en/traveladvisories/traveladvisories.html>

Passport/Visa Requirements

For the latest passport and visa requirements for this country, please consult the US State Department's "Learn About Your Destination" search tool, available through the link below.

<https://travel.state.gov/content/travel/en/international-travel/International-Travel-Country-Information-Pages.html>

US Embassy/Consulate

None (self-governing in free association with New Zealand); US citizens may call US Dept of State (202)-501-4444 for emergencies; alternate contact is the Embassy in New Zealand [64] (4) 462-6000; United States Embassy Wellington, 29 Fitzherbert Terrace, Thorndon, Wellington 6011, New Zealand

LGBTQIA+, Women, and Special Needs Travelers

Additional travel considerations can be found on the US State Department's International Travel page.

<https://travel.state.gov/content/travel/en/international-travel/before-you-go/travelers-with-special-considerations.html>

Telephone Code

682

Local Emergency Phone

Ambulance: 998; Fire: 996; Police: 999

Vaccinations

The CDC and WHO recommend the following vaccinations for the Cook Islands: hepatitis A, hepatitis B, typhoid, meningitis, polio, measles, mumps and rubella (MMR), Tdap (tetanus, diphtheria and pertussis), chickenpox, shingles, pneumonia and influenza. <http://www.who.int/>

Climate

Tropical oceanic; moderated by trade winds; a dry season (April to November) and a more humid season (December to March)

Currency (Code)

New Zealand dollars (NZD)

Electricity/Voltage/Plug Type(s)

240 V / 50 Hz / plug types(s): I



Type I

Major Languages

English, Cook Islands Maori (Rarotongan)

Major Religions

Protestant (Cook Islands Christian Church, Seventh Day Adventist, Assemblies of God), Roman Catholic, Church of Jesus Christ, Jehovah's Witness, Apostolic Church, other

Time Difference

UTC-10 (5 hours behind Washington, DC, during Standard Time)

Potable Water

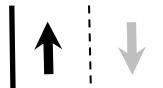
Opt for bottled water

International Driving Permit

A local license is required.

Road Driving Side

Left



Tourist Destinations

Tapuaetai (One Foot Island); Muri Beach; Titikaveka Beach; Te Vara Nui Village; cross-island hike to Te Rua Manga (The Needle); Aroa Marine Reserve

Major Sports

Netball, rugby, soccer

Cultural Practices

Swimwear should be confined to the beach and resort pool areas.

Tipping Guidelines

Don't feel that you need to leave a tip, unless you believe that you have received outstanding service.

Souvenirs

Pareu cloth and quilted items, woven hats and baskets, carved wooden instruments and decorative items, pearl and shell items, collectible coins and stamps

Traditional Cuisine

Ika Mata — freshly caught fish cooked in lemon juice and then combined with fresh coconut cream, onion, and chilis; typically served with a side salad

May 2024



Cook Islands