

# SUGGESTED PACKING LIST & TIPS ABOUT OAHU



Welcome to Hawaii! It's hot, humid, and full of ALOHA!

## WHAT TO PACK

- ☐ Conference:
  - ☐ Floral Shirt
  - ☐ Button up shirt with short sleeves
  - ☐ Polo Shirt
  - ☐ Blouses
  - ☐ Slacks
  - ☐ Skirts

Here in Hawaii, Business Casual also includes Aloha Casual, this means that you can decide to wear a floral shirt instead of a dress shirt.

These photos have a variety of dress examples that you can expect to see here:



- ☐ Day at the Polynesian Cultural Center
  - ☐ Floral Shirt
  - ☐ Shorts
  - ☐ Sun dress
  - ☐ Walking Shoes
  
- ☐ Free Time
  - ☐ Casual Shirts
  - ☐ Shorts
  - ☐ Swimsuits
  - ☐ Cover up after the beach
  - ☐ Sandals
  - ☐ Tennis Shoes
  - ☐ Bag/backpack to carry/store things for the day
  - ☐ Workout clothes (also for morning yoga)
  
- ☐ Misc.
  - ☐ Toiletries
  - ☐ Water Bottle
  - ☐ Beach Towel
  - ☐ Reef-safe sunscreen\*
  - ☐ Bug spray
  - ☐ Waterproof case for phone (underwater photos)

\*[Click here](#) for more information on reef safe sunscreen

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## HAWAIIAN VERBIAGE

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Aloha: **Pronounced a-lo-ha**

Most common greeting for hello, and also expresses wishes for a positive and respectful life

Mahalo: **Pronounced mah-hah-loh**

Thank You

Howzit: **Pronounced how-zit**

A simpler way to say How are you? Or What's up? You'll hear it often by locals

'Ono grinds: Delicious food

Grinds is also often used on its own to describe good food.

Shaka: **Pronounced shah-kah**

A friendly sign to express "Hang loose," "Right on," "Thank you," "Things are great," "Take it easy"



Learn more about the [origin of the shaka](#)

Poke: **Pronounced poh-keh**

One of Hawaii's most famous dishes, poke is a salad of raw seafood and vegetables. It's typically made from cubes of ahi tuna and served as an appetizer. If you like seafood, it is a must try!

More Info:

[Hawaiian Language Guide](#)  
[Duolingo Hawaiian](#)



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## HAWAIIAN HISTORY

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Hawaii has a rich history and learning about some of it will enrich your experience during your visit.

[A Brief History of the Hawaiian Islands](#)

[Hawai'i Then and Now: Portraits of O'ahu's Past](#)

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## WHAT TO DO IN HAWAII

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During this research conference you'll be on the north shore of Oahu. There are great beaches, places to surf/snorkel, hikes, and food up here. It is not as busy as the Honolulu area which includes Waikiki. If you have the chance to explore more of the island, these links have some recommendations.

[14 Best Things to Do on the North Shore of Oahu: A First Timer's Guide](#)

[Top 5 Beaches on Oahu](#)

[7 Best Hikes on Oahu for Amazing Ocean Views](#)

[17 Must Eat Places in Oahu: Where to Find the Best Food](#)

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## FOOD NEAR LAIE

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- ❖ Hukilau Café \*try the banana pancakes
- ❖ Hukilau Marketplace
  - Tita's – Hawaiian Food \*try the Killa Moca
  - Elephant Shack – Thai Food \*try the Pad Thai
- ❖ Laie Marketplace
  - L&L – Hawaiian Food \*try the Chicken Katsu
  - Crispy Grindz – Brazilian Food \*try the Acai
  - Seven Brothers – Burgers \*try the Shem burger
- ❖ Kahuku Food Trucks
  - Papis Tacos
  - Da Bald Guy Food Truck
  - Ken's Fresh Fish
  - Fumi's Shrimp Shack \*best shrimp

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## FOR SAFETY

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- ❖ It gets darker earlier
  - The sun normally rises around 6:45am and sets at 6:30pm
- ❖ Big wave season in Hawaii happens between November and February
  - Be careful getting in big waves. If a beach's waves are too big, try driving down to a different beach as not all of them will have big waves
- ❖ Mosquito bites can be brutal
  - If you are prone to get bug bites, or even if you are not, bug spray is helpful especially when doing hikes that follow a river or lead to a waterfall.
- ❖ [Safety Tips](#)

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## BOOKING RESERVATIONS

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Here are some popular places to visit that require a reservation

- ❖ [Diamond Head Hike](#)
  - Park Hours: 6am-6pm
  - Park rate: Entry: \$5, Parking \$10
- ❖ [Hanauma Bay](#)
  - Bay Hours: 6:45am-4pm, closed Mondays & Tuesdays
  - Pricing: \$25, Parking: \$3
  - Snorkel Rental: \$20
- ❖ [Pearl Harbor](#)
  - Parts of the site are free to enter but certain museums/memorials have an admission fee or require a free reservation
    - [USS Arizona Memorial](#) – Reservation Required, can either be made weeks in advance or the day before, \$1 service fee for each reserved ticket
      - Open 7am -5pm, tours are from 8am-3:30pm and last about 45mins
    - [Pearl Harbor Aviation Museum](#)
      - Hours: 9am-5pm
      - Pricing: \$25.99
    - [Battleship Missouri Memorial](#)
      - Hours: 8am-4pm
      - Pricing: \$34.99
    - [Pacific Fleet Submarine Museum](#)
      - Hours: 7am-5pm
      - Pricing: \$21.99

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## MORE USEFUL LINKS

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- ❖ [Polynesian Cultural Center](#)
- ❖ [BYU-Hawaii](#)