

WHAT TO PACK FOR TENERIFE?

Packing Guide

Based on local expertise, so you can explore Tenerife more prepared and more confident.

The right gear doesn't mean more luggage - it means fewer inconveniences. Drawing on years of on-the-ground experience, we've put together a curated list of items and clothing that genuinely make a difference when travelling to Tenerife.

Travel prepared. Enjoy the island.

TENERIFE TRAVEL ADVISOR
FINESTPASS™



01

Sun Hat

Protection against sun and UV radiation.

Sunshine in Tenerife can be far more intense than most travellers are used to in Europe. Due to high UV levels, a hat or cap is recommended for virtually every outdoor activity - even on overcast days.

Choose a hat or baseball cap that is comfortable, breathable, and stays securely in place on windy days. A good sun hat is especially useful on the beach, during boat excursions, and in Teide National Park, where strong sunshine is often accompanied by brisk winds.

FINESTPASSTM PRO TIP:

"Clouds do not filter out harmful UV radiation. Sun protection is important regardless of the weather."

02 - 03

Footwear

The right footwear makes a noticeable difference throughout the entire day.

TRAINERS & HIKING SHOES

A well-cushioned, breathable, and comfortable pair of trainers is an ideal choice for almost every activity in Tenerife.

However, if you plan to hike - particularly in Teide National Park or other volcanic areas - it is well worth bringing a proper pair of hiking shoes.

Volcanic trails feature sharp rocks, loose ground, and uneven terrain, where standard trainers may not provide adequate grip or protection. A quality hiking shoe with a firm sole (and ideally ankle support) will make your excursions both safer and more comfortable.

SANDALS - BUT THE RIGHT ONES

In Tenerife, you will likely spend a good amount of time in sandals - on the beach, by the pool, or at water parks.

That is why the choice of sandals matters more than you might expect. The coarse volcanic sand on the beaches, the uneven rocky surfaces, and the constant inclines along the promenades can quickly cause blisters or discomfort in poorly designed or stiff sandals.

Look for lightweight sandals with a soft upper and good foot support that remain comfortable even during longer walks.

04 - 05

Jumper & Long Trousers

An extra layer always comes in handy.

Tenerife is one of the most climatically diverse islands in the world. While the coastal areas offer pleasant warmth, higher elevations - even in summer - can be noticeably cooler and windier.

That is why it is always a good idea to bring a jumper when you head out for the day. You may not need it when you leave in the morning, but by evening or at a different location, you will be glad you packed it.

Evenings along the coast can also turn cool - and dinner shows, elegant promenade walks, and outdoor dining all call for that extra layer you thought you would not need during the day.

If you are planning a stargazing session or an astronomy experience in Teide National Park, warm, layered clothing is practically essential. High-altitude nights can be surprisingly cold, even during the summer months.

Long trousers are equally practical. They provide greater comfort in cooler conditions and protect your legs from rocks, vegetation, and stronger sun exposure during hikes.

It is also worth noting that some premium dinner shows require gentlemen to wear long trousers.

Opt for lightweight, quick-drying fabrics that take up minimal space in your luggage yet work well in almost any situation.

FINESTPASSTM PRO TIP:

The best choice is not always the most fashionable one - it is the one that keeps you comfortable all day long.

Polarised Sunglasses

One of the most useful items you can bring.

Not just good for your eyes - they reveal a completely different side of Tenerife.

Sunshine in Tenerife can be significantly stronger than most travellers are accustomed to. Light reflected off the ocean surface, pale pavements, and volcanic terrain can place considerable strain on your eyes over time.

Polarised sunglasses not only reduce blinding glare, they also make driving more comfortable and safer, and enhance the experience of boat excursions, beach days, and outdoor activities in general.

With polarised lenses, the deep blues of the ocean, the details of the volcanic landscape, and the island's striking contrasts all appear far more vivid and defined. Many travellers only realise how remarkable Tenerife truly looks when they see it through polarised lenses - an experience that standard sunglasses simply cannot replicate.

If you are looking to purchase new sunglasses for your trip, consider a premium model with polarised, neutral grey or dark lenses (such as Oakley Prizm, Ray-Ban Chromance, or Maui Jim). These deliver natural colour rendering and remain comfortable to wear even in intense sunlight.

07 - 08

Backpack & Belt Bag

The most practical combination for exploring Tenerife.

Whether you are heading to the beach, setting off on a hike, or spending the day exploring the island by car, a comfortable backpack is almost always useful. There will be plenty to carry: water, a jumper, sunscreen, a power bank, a charging cable, or beach essentials.

A belt bag is equally practical. Your phone, wallet, car key, or accommodation card stays within easy reach at all times, while your pockets remain free.

Look for a lightweight, water-resistant backpack in the 15-25 litre range with padded shoulder straps. For the belt bag, useful features include a slim profile, water-resistant material, RFID protection (for card security), and a securely zipped compartment.



FINESTPASSTM Recommendation:

Always pack a jumper and a bottle of water in your backpack - even if you are certain you will not need them when you set off in the morning. Most travellers underestimate how much water they need, and Tenerife's varied climate combined with full-day activities can catch you off guard.



09

Power Bank

One of the easiest items to leave at home - and one of the most useful to have with you.

10,000

mAh

the minimum capacity that will comfortably see you through an active day in Tenerife.

2×

Charging Cycles

The number of full charges a 10,000 mAh power bank can deliver.

~50%

Faster Battery Drain

How much faster your phone battery depletes in direct sunlight at maximum screen brightness.

Phones tend to drain faster in Tenerife than most travellers expect. Continuous navigation, photography, video recording, and maximum screen brightness all significantly increase battery consumption.

A power bank with a capacity of at least 10,000 mAh is sufficient for most travellers throughout a full day of activities. It is particularly useful during hikes, boat excursions, zoo visits, or full-day island tours, when there is no opportunity to charge your phone.

In Tenerife, your phone is more than just a camera. You will use it for navigation, presenting entry tickets, managing bookings, and accessing your experiences. A flat battery can quickly become a real inconvenience.

Keep your power bank in your backpack along with a suitable charging cable, so you can top up your phone within minutes whenever needed.



If your phone overheats in the sun, charging may slow down or pause temporarily. In that case, leave it to cool in the shade for a few minutes before connecting it to the power bank or charger.

Most airlines - including Ryanair and Wizz Air - only permit power banks in cabin baggage. They cannot be placed in checked luggage. We recommend checking your airline's current policy before departure, as several carriers have tightened their regulations regarding lithium batteries in recent years.



MAXIMALIST EXTRAS

For those who want to get the most out of their Tenerife holiday.

These are not essential items, but they can make your trip noticeably more comfortable. They take up very little space in your luggage, yet prove genuinely useful in situations where there is no opportunity to source them on the spot.

01

Compact Headlamp

If you are planning a stargazing session, an evening hike, or any activity after sunset, a headlamp is far more practical than your phone's torch. Both hands stay free, and you can move around much more safely.

02

Mini Phone Tripod

Ideal for group shots, timed photos, long-exposure photography, and stable video recording. If you want to capture a sunset, the starry sky above Teide, or the movement of ocean waves, a mini tripod delivers far better results than shooting handheld.

03

Car Phone Mount

If you are renting a smaller or entry-level car, it is worth bringing a phone mount with you. Not all rental cars come with Apple CarPlay or Android Auto, which means your phone may be your only navigation device. A secure phone mount makes driving more comfortable and safer.

04

Spare Charging Cable

An extra charging cable takes up almost no space, yet can easily save the day. It is worth keeping one at your accommodation, one in your backpack, and one in the car.

COMPLETE CHECKLIST

Full Packing List

Check everything off before you depart.

Clothing

- ☐ Comfortable sun hat (wide-brim or baseball cap)
- ☐ Cushioned, comfortable trainers
- ☐ Hiking shoes (for volcanic terrain)
- ☐ Comfortable sandals
- ☐ Lightweight jumper or thin jacket
- ☐ Long trousers

Gear

- ☐ Polarised sunglasses
- ☐ Backpack
- ☐ Belt bag
- ☐ Power bank
- ☐ Charging cable (+ 1 spare)
- ☐ Car phone mount
- ☐ Mini phone tripod
- ☐ Compact headlamp

Don't Leave Without

- ☐ Swimwear
- ☐ Personal medications
- ☐ Passport or national ID card
- ☐ Driving licence
- ☐ Bank card

In warm weather and during outdoor activities, drinking at least 1.5-3 litres of water per day and applying sunscreen (SPF 50+) is strongly recommended. With the right preparation, you can spend days - or even years - on this island in complete comfort.

Ready for Tenerife?



A well-planned holiday does not necessarily cost more - it simply involves fewer poor decisions.

FINESTPASS™ is here not just to recommend experiences, but to help you explore the island more prepared, more comfortable, and more confident.

When you pack the essentials in advance, you are less likely to be caught off guard - and you will have more time for what you actually came to Tenerife for: the experiences.

We wish you a wonderful journey and unforgettable memories in Tenerife.

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