



# Electricity cook islands

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In the Cook Islands, the power plugs and sockets are Type I. It has three flat pins: two angled ones and one straight one. Note that some appliances don't have that straight bottom pin but they are still compatible with the Cook Islands electrical outlets.

American Samoa, Argentina, Australia, China, Fiji, Kiribati, Nauru, New Zealand, Niue, Papua New Guinea, Saint Vincent and the Grenadines, Samoa, Solomon Islands, Tajikistan, Timor-Leste, Tonga, Tuvalu, Uruguay, Uzbekistan and Vanuatu.

If your country of origin uses a voltage that ranges between 220v and 240v, then you will be able to use your appliances and gadgets in the Cook Islands with no problem at all. This includes countries like New Zealand, Australia, Europe, the UK and the majority of Asia and Africa.

If you are from North or South America or any country that uses a voltage between 100v and 127v then you will need to have a power converter or transformer. Many travel adapters include this function so there is no need to get yourself two separate items - check out the Amazon selection.

If coming from a country that uses 110v/120v, for example, then you should find that modern appliances, such as phones and laptops, are designed to use from 110v to 240v. Nevertheless, you should check the labels of all of the appliances that you intend to use in the Cook Islands.

Appliances that don't clearly state that they can be used for up to 240v should not be used in Cook Islands electrical outlets. Otherwise, the higher voltage than required could damage your appliance (or worse). The most common types of appliances this applies to include hairdryers, electric razors and irons.

The Cook Islands uses a 50Hz outlet. Therefore, it is not recommended to use a 60Hz appliance, even if the voltage of your appliance is compatible with the Cook Islands. Using the wrong frequency (which is what Hz is) can cause appliances to stop functioning properly.

Yes, regardless of the voltage, if your appliances are from a country that doesn't use Type I power plugs then you will need a Cook Islands travel adapter. In other words, a Type I travel adapter.

While USB outlets are becoming more and more available across the world, you will rarely find them in the Cook Islands, so they should not be relied on for power. You can, however, find USB outlets with a bit of imagination; The best place to find USB outlets will be on your hotel/resort's alarm clock or TV. It's not the fastest way to charge your device but it will do the trick in case you lost your adapter.

See what other facilities to expect from accommodations in the Cook Islands starting with The Guide to



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Choosing the Best Resort in the Cook Islands and Tips for Choosing the Best Holiday Home in the Cook Islands.

The information in this guide has been compiled from our extensive research, travel and experiences across the Cook Islands and the South Pacific, accumulated over more than a decade of numerous visits to each destination. Additional sources for this guide include the following:

This article was reviewed and published by Laura, editor-in-chief and co-founder of Cook Islands Pocket Guide. Since arriving solo in the South Pacific over 10 years ago with nothing but a backpack and a background in journalism, her mission has been to show the world how easy (and awesome) it is to explore a paradise such as the Cook Islands. She knows the islands inside out and loves sharing tips on how best to experience Rarotonga's must-dos and hidden gems. Laura is also the editor of several other South Pacific travel guides.

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