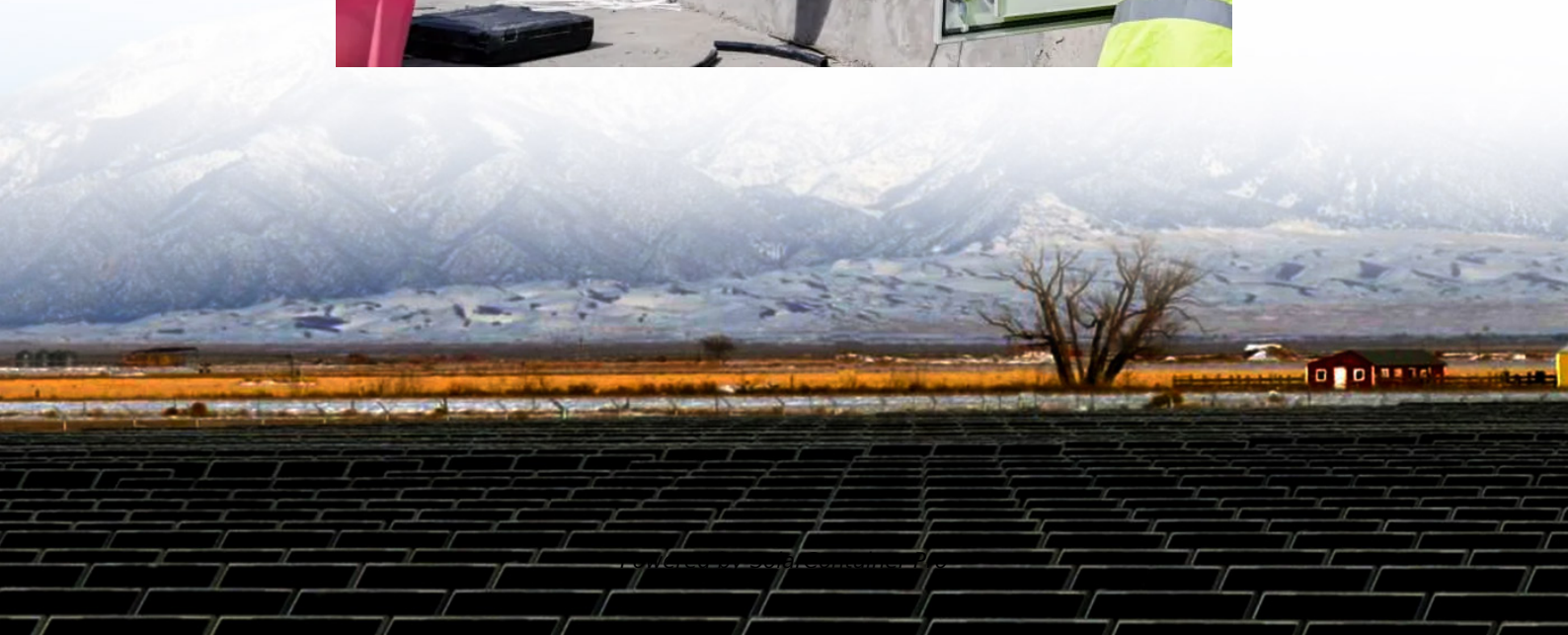


Cook Islands Outdoor Power Supply Specialty Store





Overview

What type of power plugs are used in the Cook Islands?

On the Cook Islands, power plugs and sockets (outlets) of type I are used. The standard voltage is 240 V at a frequency of 50 Hz. For more information, select the country you live in at the top of this page. We don't sell power plug adapters. We refer you to Amazon, where you will find a great selection of travel adapters.

What type of power sockets are on the Cook Islands?

The power sockets on the Cook Islands are of type I. The standard voltage is 240 V at a frequency of 50 Hz. Check your need for a power plug (travel) adapter on the Cook Islands.

Do I need a power adapter in Cook Islands?

If your devices are compatible with these specifications, you will not need a power adapter. However, if your devices use a different plug type or are not compatible with the voltage in Cook Islands, you will need a power adapter and/or a voltage converter/transformer.

Can a universal power adapter fit a Cook Islands outlet?

Universal power adapters usually come with multiple plug types and can be adjusted to fit Cook Islands outlets and many others. If your devices are not compatible with the voltage in your destination country, a voltage converter or transformer will also be necessary to convert the voltage to the appropriate range for your devices.

What voltage does Cook Islands use?

The voltage in Cook Islands is the same as in Europe. However, Europeans will need a travel adapter when traveling to Cook Islands. What Outlet does Cook Islands Use?



Type I plug sockets are used in Australia, New Zealand. They have two flat pins and a grounding pin. These plugs are typically used with devices that have a voltage of 230V.

Do Cook Islands have electrical outlets?

No, the electrical outlets in Cook Islands are different from those in the United States. In Cook Islands electrical outlets of type I are used, while the United States has electrical outlets of types A & B. Do I need a travel adapter for Cook Islands?

The electrical outlets and power plugs in Cook Islands are of type I (see images).



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Sockets in Cook Islands: Adapters required for travelers from USA?

Since you'll need a travel adapter for Cook Islands when coming from USA, we suggest opting for a universal power adapter that works in many countries and will also prepare you for future trips.

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[Plug For Cook Islands: What You Need To Know](#)

North Americans will need an adapter for the outlets and a transformer for the voltage when traveling to Cook Islands. North Americans device plugs will not work with the outlet types in ...

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Cook Islands Plugs & Sockets: Do I Need a Power Adapter? [2025]

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Do I need a power plug adapter or power converter for Cook Islands? All you need to know about electrical outlets, plug types and electricity voltage in Cook Islands in a single overview.

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