**Suggested packing list: Costa Rica**

When packing for the trip, keep in mind that Costa Rica has a very tropical climate. Cotton or quick drying clothes are a good choice and will keep you cooler. Remember we will be traveling on “micro-buses” so you will need to pack as lightly as possible, and also want room in your bags for any souvenirs you buy. You must be able to carry your suitcase and bags on your own. Your suitcase needs to be under \*50 lbs per TSA regulations!! (unless you want to pay extra $) It is your responsibility, and there may be times where you have to bring your suitcase a short distance if we cannot be dropped off exactly in front of the hotel. Don’t forget to put your ID inside your bags in case they are lost. Please read the packing suggestions carefully that the company provided. This has important information about TSA requirements, and other important suggestions that are helpful. This list is a bit of extra information that you can use to help you pack. Again, I suggest starting the week before, and finalize the day of the trip.

\_\_\_\_\_ Shorts/ t-shirts/ tank tops (we are representing our country so make sure your clothing is appropriate: no vulgar language, or derogatory messages, and no clothing that is too revealing as Costa Rica is a conservative country) This is also a very active trip, so you definitely want to have clothing that is comfortable. The general rule for the trip is casual and comfortable, but appropriate.

\_\_\_\_\_ Long pants (for the horse-back ride and the zip-lining). Wind-pants, or zip-off pants are a good choice because they are lighter and cooler than jeans.

\_\_\_\_\_ Hooded sweatshirt (good for cooler nights and higher altitudes) and for wearing on our departure in and out of the cold north.

\_\_\_\_\_ Thin rain jacket

\_\_\_\_\_ Pair of water shoes for kayaking, and possibly for the pool and beach.

\_\_\_\_\_ Comfortable and sturdy hiking shoes or sneakers (with good grips as it can be slippery after rain) There

is a lot of hiking, so go for comfort, not fashion. **They must be closed toe.**

\_\_\_\_\_ Pajamas

\_\_\_\_\_ Underclothes for 8 days (remember to keep some items in your carry-on, also suggested a pair of shorts

in case you can’t get to your suitcase for a bit and it is warm when we arrive).

\_\_\_\_\_ Swim suit (nothing too risqué)

\_\_\_\_\_ Beach towel (unless you want to purchase one while there as a souvenir)

\_\_\_\_\_ Socks

\_\_\_\_\_ Plastic grocery bags for storing dirty clothes and wet clothing are a good idea.

\_\_\_\_\_ Large garbage bag in case it is raining, and suitcases need to go outside

\_\_\_\_\_ Laundry soap (you can share this) (small bottle or fels-naptha laundry bar)

\_\_\_\_\_ Sunglasses!

\_\_\_\_\_ Insect repellent (prefer min 20% deet ) this can also be shared

\_\_\_\_\_ Sunscreen (if you don’t normally need this, you WILL in Costa Rica)

\_\_\_\_\_ If you wear glasses or contacts, be sure to have a back-up pair just in case. A strap to hold your glasses

would be helpful during some of the more active activities. Remember to have a small container of solution in your carry-on in case you don’t see your suitcase for a while.

\_\_\_\_\_ Camera with extra batteries. (batteries are expensive in C. Rica and you won’t always be near a store that

sells them). Don’t forget a charger if you are using rechargeable batteries and a large enough storage

card for your camera.

\_\_\_\_\_ Journal and pen

\_\_\_\_\_ (Optional) small binoculars for viewing wildlife high in the trees

\_\_\_\_\_ Small flashlight (or ipod/phone)

\_\_\_\_\_ toiletries (don’t forget any of your necessities as you don’t want to spend your souvenir money on

something like that, and remember, we won’t always be near a store!) Suggestion to have your tooth-

brush/paste in your carry-on for the long flight

\_\_\_\_\_ Wash cloth- quick drying (sometimes not available in foreign hotels)

\_\_\_\_\_ Travel alarm clock (one per room- if not using phone)

\_\_\_\_\_ Any medications in original container (in carry-on if needed every day)

\_\_\_\_\_ aspirin/pain killers (in original containers)

\_\_\_\_\_ Dramamine (if you get motion sickness) \_\_\_\_\_ band-aids. I will have a lot of these items as well.

\_\_\_\_\_ Small hairdryer if needed (again, you may share) no adapter needed

**\*\*\*\_\_\_\_\_ Travel pouch that goes under clothes. This will contain your important credit/debit cards and**

**\*\*\*\_\_\_\_\_PASSPORT!! (NO PASSPORT, NO GO!)**

\_\_\_\_\_ Purses aren’t necessarily recommended, guys, don’t carry a wallet in the back pocket that can be lifted

or dropped. Back-packs can be used for the carry-on and for the day trips with cameras, binoculars, sun-screen, \_\_\_\_ travel Kleenex, and other items.

\_\_\_\_\_ Do not bring valuable jewelry!

\_\_\_\_\_ Reminder: Your cell phone will **NOT** work in C. Rica—unless you have arranged for an international

plan specific to C. Rica. (we do not want surprise charges upon your return! ) We will use wifi when we

can, and buy pre-paid calling cards if needed.

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