

Costa Rica Suggested Packing List

General Luggage Tips:

Our guides and drivers will help load and unload luggage from vehicles, but it is each participant's responsibility to take their belongings to and from their accommodations. In many cases, this is on sand or gravel or other surfaces that are not wheel-friendly and can be a fair distance. Please try to keep this in mind when packing for your family. The list below is only a suggestion. Please use your own judgment and pack accordingly.

General Considerations

Luggage to bring:

- A day backpack to bring on the plane/bus and on daily activities (if needed).
- A durable duffel or suitcase to check on the plane.

Electronics:

- Bringing electronics can be a risk. There are significant chances of electronics being lost, damaged or stolen. Families and trip leaders should determine which, if any, electronics should be brought along.

Shoes:

- Sturdy sneakers or lightweight hiking shoes
- Closed-toe Sandals
- Flip Flops/Shower shoes (optional)

Clothing:

- Lightweight Pants (nylon or quick-dry)
- Shorts
- T-shirts/short sleeve shirts
- Socks
- Underwear
- Sleepwear
- Light jacket, fleece or sweatshirt
- Rain Jacket
- Swimsuits/Swim shirt/Rash guard
- Hat

Things to bring in your Backpack on the Plane

- Passports and other required travel documents.
- Electronics (if you choose to risk bringing them)
- Prescription medication
- Glasses/Sunglasses
- Change of Clothes
- Swimsuit
- Refillable water bottle (emptied for security)

Toiletries/Personal Care:

- Comb/Brush
- Soap/Shampoo
- Toothpaste/Toothbrush
- Deodorant
- Insect repellent
- After bite or antihistamines
- Hand sanitizer
- Motion sickness medication

Other useful Items:

- Small beach towel or quick-dry towel
- Small travel umbrella
- Binoculars
- Small flashlight with extra batteries
- Games/Cards/Books for bus or nighttime
- Notebook or Journal
- Personal fan
- Plastic zipper/compression bags (useful for wet clothes or electronics)

Trip-Specific Considerations

- **Caribbean Turtle Project:** Dark clothing for turtle patrols.
- **Oso Turtle Project:** For turtle and mangrove work, bring work gloves, water shoes and a t-shirt that can get dirty
- **Cerro de la Muerte and Monteverde:** It can get colder at night. Bring appropriate warm clothing
- **Adventure Activities:** Closed-toed shoes