

Costa Rica Packing Guide

Gear:

- Headlamp
- Fanny pack or shoulder bag
- Day pack
- Binoculars
- Re-fillable water bottle



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Toiletry must haves:

- Sunblock (under 3.4 oz for air travel)
- Deet (under 3.4 oz for air travel)



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Sun and rain clothing:

- Poncho
- Swimsuit
- Long sleeve sun shirt
- Sun hat (floppy enough to fit into your suitcase)
- Baseball cap
- Sunglasses
- Cooling bandana



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Extras for horse riding:

- Pair of leggings for horse rides (jeans are too hot!)
- Men's lightweight pants for horse rides
- Optional: Synthetic half chaps (leather is too hot!)

Footwear:

- 1 pair closed toed hiking shoe or waterproof sneakers
- 1 pair of sandals

Technology:

- Cell phone – contact your provider to see if you need to purchase an international plan. Most providers charge extra anytime you use anything other than Wifi. So be sure to turn off “roaming” to avoid extra fees.
- Phone charger - **same electrical outlets as USA.**
- Headphones

Travel documents:

- Passport (green card) + printed copies in case you lose them
- Flight Itinerary confirmation number

General Clothing:

- 1-2 Comfy loose fitting lightweight dresses
- Bras, sports bras, socks, underwear
- 2-3 pairs of shorts
- 2-3 t-shirts
- 2-3 tank tops
- Comfy pants for airplane
- 1 sweatshirt or hoodie for airplane

Money:

- Cash for tipping guides (American dollars are widely accepted). Bring small bills under \$20 and to be sure to **check for tears and other imperfections or they will not be accepted!**
- Debit/Credit cards are easy to use most places. Using your card will get you the best exchange rate. **Always select to pay in Colon when using your debit/credit cards.** Only bring Visa and Mastercard with you. Leave your American Express and Discover cards at home, they aren't widely accepted (Discover-not at all).



Packing Check-off list

Miscellaneous

- Headlamp
- Fanny pack or shoulder bag
- Day pack
- Binoculars
- Re-fillable water bottle
- Airplane pillow
- Headphones
- Reading material, downloaded shows, games

Toiletries

- Sunblock (under 3.4 oz for air travel)
- Deet (under 3.4 oz for air travel)
- Toothbrush/floss/travel size mouthwash
- Travel toothpaste
- Hairbrush
- Hair ties
- Make-up
- Feminine products Re
- Razor
- Deodorant
- Q-tips
- Travel size shampoo/conditioner
- Shower gel
- Hand sanitizing wipes
- Face wipes/Baby wipes
- Medication (if you take pills)
- Ibuprofen (pain meds)
- 1st aid items
- Cortisone cream

Footwear

- Transparent toiletry case for air travel
- Hiking shoe or waterproof sneaker (low top)
- Sandals

Sun & Rain

- Poncho
- Swimsuit
- Long sleeve sun shirt
- Sun hat (floppy enough to fold into suitcase)
- Baseball cap
- Sunglasses
- Cooling bandana

Horse riding

- Pair of leggings for horse rides
- Men's lightweight pants for horse rides
- Synthetic half chaps (optional)

Clothing

- 1-2 Comfy loose fitting lightweight dresses
- Bras, sports bra, socks, underwear
- 2-3 pairs of shorts
- 2-3 t-shirts
- 2-3 tank tops
- Comfy pants for airplane
- 1 sweatshirt or hoodie for airplane

Essentials

- Cell phone
- Phone charger
- List of passwords and phone #'s you may need
- Passport
- Green card
- Driver's license
- Flight Itinerary confirmation #'s
- Paper copies of passport
- Cash
- Credit cards