



## COSTA RICA PACKING LIST

**Rule #1** – Pack light(ish)! Follow these packing tips to get an idea of how to pack for this adventure!

**Rule #2** Pack in advance! Start packing at least one week in advance, to give you time to purchase items you may need.

### Packing Tips:

- We suggest packing for 7 days and nights, no matter the duration of your trip. (No that does not mean, 7 pairs of shorts, 7 shirts, etc. see below).
- You will be hauling your luggage around the airports, in transportation and hotels, so bring only what you need / can't live without!
- A day bag/ backpack is a must for your items that you will use on day hikes, excursions, and also language school. (Pen, notebook, journal, sunblock, insect repellent, snacks, water bottles, rain jacket, etc.)
- Plan for humid, hot (80's-90's) and cool environments (60's), and always for rain! If possible, stay away from cotton clothing and stick to fabrics that are quick drying.
- With the diverse weather and activities, dynamic clothing that you can layer and mix and match is key for hot, humid, rainy and cooler environments.
- The weather and travel environments of Costa Rica are diverse. Expect warm and sunny mornings (mid 70s, 80's), rainy afternoons and cooler nights (60's)
- While on excursions, plan for a humid, hot environment, and always for rain!

### 3 types of clothing:

- **Adventure / athletic wear:** This is for our excursions, hikes, beach, farms, national parks. Quick dry clothing is best so you can sweat, layer, and be comfortable in a variety of situations.
- **Casual wear:** This is for days when we do not have volunteer work, nor are we ziplining ,hiking, etc. Good clothing choices for this are shorts, t-shirts, pants, etc. We still do not recommend super short and tight clothes that show lots of skin. You will already stand out as a tourist- you don't need to call more attention to yourself!
- **Professional wear:** This is for our volunteer work in schools and with non-profit organizations. ALL schools in Costa Rica require students to wear uniforms. While we do not have to wear uniforms in our volunteer work, we do have to dress more modestly.

DO NOT WEAR	APPROPRIATE CLOTHING
super short denim shorts, mid-drifts, graphic t-shirts, jeans with holes, super short skirts, t-shirts with foul language / message, etc.	pants, jeans that do not have holes, khakis, polo shirts, short sleeve button down shirts, pants, skirts, nice tops, blouses

**CLOTHING AND ACCESSORIES:**

We recommend packing a day bag that can hold a water bottle, a sack lunch, your school supplies, an umbrella, and a few notebooks /other materials. On excursions it should be able to hold a water bottle, sunscreen, bug spray and a towel. While studying at the language school and doing outreach work, modest and respectful, semi professional clothing is necessary.

- Day bag / backpack
- 2 pairs of shorts (a variety – modest for volunteer work and language school, active for excursions)
- 2/3 short sleeve tops (nicer shirts for volunteer work)
- 2 pair of long pants and/or capris (for volunteer work and language school)
- 1-2 skirt/dress
- 2-3 nice dress shirts: light weight, polo short sleeve, or short sleeve button down or blouses
- 1 long sleeve shirt, (easy to layer & fast drying)
- A light jacket or fleece (for cooler evenings)
- 6 pair of underwear (leave your fancy ones at home)
- 4 pair of socks (2 long pair of non- cotton socks (synthetic or wool hiking socks) for 4 week participants to wear with tall rubber boots)
- 2 pairs of PJ's (one for at the beach, and a warmer pair for cooler climates in Heredia)
- 1 hat for sun protection
- Sunglasses
- Lightweight rain poncho, rain jacket and/or umbrella
- 2 Swim suits – You will swim nearly every day in Manuel Antonio, and will want a dry suit each day!
- 1 Beach towel
- Athletic clothing (conservative) if you choose to work out on your trip
- Water bottle (to refill, in most places the water is fine to drink out of the tap)
- Headlamp (for late night reading or for power outages)
- Camera / charger (If you are not going to use your phone)
- Necessary chargers, batteries, ect.
- Travel purse/wallet
- Small travel alarm clock/watch
- A small, travel size first aid kit

**SHOES:**

- 1 pair of Teva or Chaco sandals (something that will stay on your feet in water and hold up to mud, and you can easily rinse off with a hose)
- 1 pair of flip flops or crocs (to use at beach and as house shoes)
- 1 pair of athletic shoes (hiking boots are not necessary for the little day hikes)

**TOILETRIES:**

- Shampoo and Conditioner
- Toothbrush and paste
- Hair brush/comb
- Sun screen
- Insect repellent (CDC recommendations [www.cdc.gov](http://www.cdc.gov), also pretty pricey in Costa Rica)
- Antibacterial hand sanitizer (small, portable bottles)
- Glasses and/or contacts, solution and extra pair of contact lenses
- Personal medications/vitamins if applicable, plus a copy of any prescription medications (*Customs officials may need to verify that a medication matches its label, so please carry medication in its original container*)

**DOCUMENTS:**

- Valid Passport
- Two copies of your passport
- Your flight itinerary, printed (in and out of country) to show at customs
- Proof of travel insurance -- Your travel insurance ticket & bag tag
- Driver's license or school ID
- Copies of your health insurance card

**MONEY:**

- Start out with \$100 US dollars for airport meals and the first couple of days before we make it to an ATM.
- ATM Card: we suggest Visa or MasterCard, as American Express and others are less widely accepted.
- Call your bank in advance and let them know the dates that the card will be used internationally.
- Withdrawing cash at an ATM in Costa Rica is the most efficient way to get local currency, and often the best exchange rate. Know your pin and practice at home first
- Exchanging money in the US is NOT necessary

**MISCELLANEOUS:**

- Ear plugs if you are a light sleeper (there tends to be a lot of ambient noise in Costa Rica)
- It is safe to bring your cell phone, tablet, etc, as long as it won't distract you from your immersion experience
- Gifts for your host families
- Small plastic bag for wet clothes, zip locks for cell phones in the rain, or waterproof bag
- Journals and Pens
- Donations if you would like to contribute, will be specifically defined in pre-departure information
- If you know in advance your diet includes specific snacks or bars that may be hard to come across in Costa Rica, we recommend you bring those in your suitcase (protein bars, snack bars, etc.)

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**4 week program Must Have's for La Iguana Chocolate Farm:**

- It's the rainy season- clothes may dry very slowly or not at all once they're wet. Bring clothes you don't mind getting dirty and that dry quickly. Be prepared for hot or cool weather.
- Here are a few items that we want to highlight:
  - Lightweight hiking pants (zip-off) that you can work in on the farm, that can get dirty and dry quickly
  - 2 lightweight, quick dry, non- cotton, short sleeve shirts
  - A strong powered flashlight or headlamp (for going to and from the bathroom after dark)
  - Earplugs if you're a light sleeper...sometimes roosters crow in the middle of the night
  - Bug spray, preferably with DEET
  - Sunscreen
  - Rubber rain boots to work in the fields and walk about the farm in (you can buy these in CR for less than \$20)
  - Tall non-cotton socks that you can wear under your rubber boots
  - Rain jacket
  - Plastic bag or waterproof case for your camera/cell phone
  - Plastic bag for wet/dirty clothes
  - A swimming suit for the waterfall hike