



GET YOUR GEAR TOGETHER

PACK LIST - COSTA RICA

Getting your gear together as you get ready for your trip can be exciting. All of the items listed below are important and will be used during our trip, so please pack everything on the list. With that in mind, please resist bringing additional items, because space is limited.

- . You can find examples of items on our Gear Recommendations page.
- . Everything must fit in your large backpack and your daypack.
- . Label all equipment with your name.
- . Be aware that all of the items below may get wet, dirty, and/or stained.
- . Everything you need is either listed below or provided.
- . If you have any questions about the items on this list, please send us an email or give us a call. We can help!

ITEM	DESCRIPTION
	For your safety and comfort, please make sure you have the following:
Backpacking Pack	This must be large enough to fit all of your items. A 50 liter backpacking pack should be large enough to fit all necessary items. Keep weight of fully packed pack around 30 pounds.

Sleeping Bag	Costa Rica's has an average day and night temperatures in the mid to upper 70's. The Wild Traveler recommends a 25 to 45 degree Fahrenheit rated mummy-style sleeping bag. Synthetic bags tend to be a little bulkier, whereas goose down bags will pack down small – great when you have a limited amount of space. Both work well.
Sleeping Pad	Thermarest-style blow up mattresses or (less expensive) closed-cell mattresses both work great. The pad should be as long as you are tall.
Camp Pillow	Must fit in backpacking pack. Packing a stuff sack with clothes also makes for a great pillow.
Daypack	Must be large enough to carry 2 water bottles, sunscreen, mask and snorkel, warm layer, and sack lunch. Daypack must be comfortable to carry on an 8-mile hike. Most school backpacks work well.
Hiking Sandals	Used for wet and muddy trails and stream crossings. Sandals must have heel straps. Many find Chaco, Tevas, or Keens work very well.
Athletic Shoes	Used for hiking upwards of 8 miles. Make sure they are comfortable, sturdy and broken-in. Must be closed-toed.
Flip flops	Any type of slip-on sandal works well.
Rain Jacket (with hood) and Rain Pants	Waterproof / breathable: This type of performance rainwear prevents rain from reaching your skin while also allowing sweat to escape. Ponchos are not acceptable.

Sweatshirt or Down Jacket.	1 is plenty, just in case it gets abnormally chilly.
Pants	1 pair of pants that can get dirty. Jeans work great.
Hiking Pants	2 pairs, synthetic
Shorts	3 to 5 pairs
T-shirt / long-sleeved shirt	5 to 7 shirts. Regular T-shirts and/or nylon / synthetic shirts work great. Bring at least 1 long-sleeved shirt.
Swimsuit	2 to 3 swimsuits
Underwear / Sports Bras	5 to 7 pairs
Socks	4 to 6 pairs
Towel	A lightweight "pack towel" is great to have for both drying off and to wear around wet swimsuits. For that reason, the towel should be large enough to fit around your waist.
Bandana	2 cotton bandanas
Sun Hat	This is very important for sun protection. A baseball cap or broad-brimmed hat which covers the back of the neck is suggested.

Sunglasses	UVA and UVB-protected sunglasses with strap that keeps them from falling off.
Sunscreen	2 large tubes waterproof sunscreen. Must be SPF 30 at minimum.
Lip Balm	Should be SPF 30.
Water Bottles	2 one-liter water bottles. Or, 1 two-liter "CamelBak" hydration type system AND 1 one-liter water bottle.
Headlamp	Any headlamp style is fine. Be sure to bring extra batteries.
Dishes	Cup, bowl, fork, and spoon. Plate optional.
Toiletries	Toothbrush, toothpaste, shampoo, soap, deodorant, feminine hygiene items
Stuff Sack or Laundry Bag	Any type of bag to separate dirty laundry. 20-liter stuff sack works great.
Trash Bags and Ziplock Bags	These are used to keep things dry. 2 large plastic trash bags and 4 gallon-sized ziplock bags.
Insect Repellent	Any brand is acceptable. Anything higher than 30% DEET is unnecessary.

Journal and Pen	Bring a journal and a pen or pencil. We'll have colored pencils for drawing.
Corrective Lenses	Contacts and/or eyeglasses. For those who normally wear contact lenses, it is good to have backup eyeglasses in case of contact lens problems / loss.
Medications	All medications must be listed on the Health Questionnaire.
Spending Money	Spending money is for souvenirs and personal snacks / drinks during the trip. Most participants bring around \$50 per week.
Waterproof Camera	Optional: You are welcome to bring a waterproof camera. We will also have a group camera available for anyone to use. All participants will receive pictures taken from our group camera at the end of our trip.
Paperwork	Bring all original paperwork with you to Costa Rica. Your trip leaders will collect it upon arrival.