

Costa Rica Green Packing List and Instructions

Our charter company **MUST** enforce all luggage weight restrictions of **25 POUNDS TOTAL** per person.

This does not include your carry on.

YOU MUST PACK IN A BACKPACK. You may have to hike a half mile down the black sand beach to the lodge and carry your own luggage. Hard sided or wheeled luggage will not work. You need a large enough backpack with padded shoulder straps and a waist belt for your main piece of luggage. In addition, a small daypack to use as a carry on and for our day hikes in the rainforest.

- Put all your clothes in a large plastic garbage bag inside of your duffel. This will keep everything dry incase of unexpected rain.
- T-shirts, Button Shirts and tank tops are good in the heat.
- Don't over-pack toiletries. Pack in travel size containers or arrange to share with your roommates.
- Don't forget to put our Wild Studies luggage tag on your bag. This will also help you be spotted by our staff at the airport.
- Leave a photo copy of your passport at home.

KEEP ALL MONEY AND YOUR TRAVEL DOCUMENTS WITH YOU. NEVER CHECK THESE DOCUMENTS WITH YOUR LUGGAGE. KEEP THEM WHERE YOU WON'T LOSE THEM. LOSING THESE DOCUMENTS IS NO JOKE. YOU DEFINITELY WILL NOT BE ADMITTED TO COSTA RICA WITHOUT THEM. IF YOU LOSE THEM WHILE THERE, YOU WILL NOT BE PERMITTED TO LEAVE THE COUNTRY UNTIL THEY ARE REPLACED AND THIS COULD TAKE DAYS.

CLOTHING LIST

- 8 shirts or tops
- 6 pair good hiking socks
- 1 pair of knee high tube socks for evenings around camp.
- 3 pair of shorts-light weight nylon is best
- 1 pair of long pants. Nylon or quick drying. **NO JEANS or HEAVY COTTON.**
- 1 long sleeve shirt-as light as possible.
- 1 pair ankle high hiking boots with deep lug soles for gripping in the rivers and in mud. Once wet these will most likely not dry while you are there.
- 1 pair sandals or tennies for travel
- underwear as needed
- 1 hat
- 1-2 swimsuits-Girls, two piece suits are great for this trip
- 2 bath towels (not big beach towels) check out the chamois-type "towels". They take up almost no room and really soak up the water.
- 1 light disposable rain poncho

EQUIPMENT AND OTHER SUPPLIES

- Daypack - School size with padded shoulder straps and waist cinch strap. Use as a carry-on and for day hikes.
- Toiletries-travel size or share with your roommates
- 2 - 1 liter water bottles if you are not using a camelback system.
- Your workbook/daily log book and pens, pencils, and a personal journal or notebook
- A GOOD flashlight with extra batteries and a spare bulb.
- A clip on reading light if you want to read after dark.
- A small bottle of wipe-on insect repellent. We don't have many biting bugs, but you should be prepared.
- A small size sun screen.
- Binoculars-travel size. Places like Outdoor World sell some for around \$16.00
- 6 large ziplock bags for camera, binoculars, etc.
- 2-3 garbage bags for packing wet clothing
- Extra glasses or contacts.
- Any prescription medications you need
- 1 Small bottle of Gold Bond Medicated Powder for chafing, itching, and to help you dry.
- Sunglasses with keeper strap
- Spending money-small bills for shopping. (5's,10's or 20's) Travelers checks can't be used for shopping in the local towns. The stores will accept US cash. Large denomination bills will be hard to cash.

DO NOT BRING:

- Portable DVD players or video games.** We want you spend your time socializing and exploring. You can watch DVDs and play videos at home.
- Boom boxes or speakers.** Not everyone likes the same type of music. If you want to listen to your music bring your headphones. Please note, headphones are allowed only in your dorm.