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## Costa Rica: From Sea to Mountains

### Packing List

#### FOOTWEAR

- 1 pair Teva/Chaco sandals, river shoes, or dive booties for rafting and kayaking.
- 1 pair sturdy walking shoes: athletic shoes with a good sole
- 2 - 3 lightweight pair socks: (Thorlo, Smartwool, running socks, etc.)

#### CLOTHING

- 2 pair lightweight pants: synthetic (nylon/polyester/spandex blend)
- 1-2 lightweight long-sleeve shirts
- 1 lightweight raincoat with hood - good quality "waterproof" PVC coated nylon, or Gore-Tex type material.
- 2 pairs of shorts: Quick-drying nylon is recommended
- 5-6 T-shirts (synthetic for paddling and hiking is recommended)
- 1 wide-brimmed hat, for rain, sun and high fashion (a string tied to the hat will keep the wind from blowing it away)
- 1 lightweight fleece jacket, fleece sweatshirt, or other warm layer. A vest is an option for this layer.
- underwear/nightwear
- 1-2 bathing suits
- 2-3 changes of comfortable clothes: e.g. pants and/or skirts, blouses, and tops

#### ESSENTIALS

- Passport and 2 color copies
- 2, one-liter water bottles or similar volume hydration system
- 100% UV sunglasses with case and retention strap
- sunscreen and lip protection with an SPF of 30 or greater, **please bring Reef Safe sunscreen (without oxybenzone and octinoxate)**
- 2 garbage bags for boat transfers/wet clothes
- small backpack for day use (hiking)
- ear plugs (for a good night's sleep)
- Insect repellent **\*Individuals with severe allergies must bring an epi-pen.\***
- bandanna



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USB rechargeable headlamp (with a red light setting if you can find it for nighttime hikes)

### **TOILETRIES (small everything)**

Toothbrush, travel toothpaste, dental floss, shampoo, moist towelettes, sanitary supplies and a zip-lock plastic bag, contact lens paraphernalia (if needed)

Personal "patch kit"/ medications. (Ex: bandaids, Hydrocortisone Cream, Benadryl, ibuprofen)

Electrolytes for rehydration (Ex: gatorade powder, nuun tablets)

### **OPTIONAL (not required, personal preference)**

trekking poles (nature walks/hikes are on uneven terrain and can be slippery)

binoculars

reading book

journal and pen

watch (water resistant)

extra sunglasses

waterproof camera bag/phone case

camera, film/memory card, and an extra camera battery

powdered hydrating drink mix (Gatorade, lemonade, etc.)

small dry bag to carry wallet, passport, sunscreen, etc. for day use while paddling. A garbage bag inside your day pack also works well.

### **NOTES ON PACKING LIST**

Adventures in Good Company's packing list includes items to help you be prepared for the various activities and conditions. It is not personalized, so please add the items that you require to travel safely and comfortably but remember – less is better! You may not use everything you bring; however, you need to come prepared for all possible weather. **At the same time, you must be able to carry your own luggage, sometimes up and downstairs.** As space for luggage on our trips is limited, please do not overpack!

**Daypacks:** Your daypack should be large enough to hold the following items: at least 1 liter of water, rain gear, lunch/snacks (for the day), sun screen, warm layer (fleece pullover or vest), personal first aid kit, lightweight gloves, warm hat and personal items such as camera, etc. We recommend a daypack with a capacity of between 18 - 24 Liters with a hip belt, padded shoulder straps, and 'lifters'. Line your daypack with a durable plastic bag to keep your belongings dry and/or have an elasticized pack cover that fits snugly over it. Before you leave



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home check to be sure that it is comfortable to wear all day and has sufficient space for all of the items listed above.

**Footwear:** Well-fitting, sturdy boots or trail shoes are very important to your safety and enjoyment. If you plan to buy new boots, break them in by wearing them around town and taking some short hikes before your trip. For general hiking, lightweight or midweight cordura or leather boots with a Vibram sole work well. If you have weak ankles or are recovering from an ankle injury, get boots that come above the ankle— you'll find that this will give you more support in uneven or slippery terrain. Remember to waterproof your boots before the trip. Even boots billed as 'waterproof' need to be treated with a waterproofing product.

**Clothing:** The clothing listed on the packing list has been chosen for your specific trip conditions and for its versatility for layering. **NO COTTON** for your activewear! All activewear should be made from synthetic/synthetic blends, down/down blends or wool/wool blends. Layering is the most practical and efficient method of insulating the body. Several layers of varied weight materials provide better insulation than one thick Layer of clothing. Also, adding or subtracting layers allows you to adjust to the temperature at your particular level of activity.

**Rain Gear:** You will need a parka or jacket made of a coated nylon or a waterproof/breathable fabric like Gore-tex, HellyTech, Membrane, H2No, or Ultrex. Be sure it keeps water out. Before making this important purchase, be sure that it fits you properly. It should be large enough to fit over all your layers. In particular, the hood needs to be effective. It should shield your face from the rain and turn with your head. Movement of your arms must not interfere with the hood. Put on your daypack; can you still raise your arms? Your wind/rain pants should be comfortable, allow enough room for your layers, and permit free movement of your legs (for example, can you crouch comfortably?). Partial or full-length leg zippers are useful for easily putting your pants on over your boots. An inexpensive plastic poncho will both leak and tear easily and is **not** recommended.

**Hydration:** Being able to easily access your water without assistance, so that you can drink frequently, is important to your safety and enjoyment. One method is to have a water bottle attached to your waist strap. Another option is to use a hydration system such as CamelBak, Platypus, and MSR bladder bags, which are collapsible water bags with a hose attachment that you drink from. The bags fit inside or outside your pack with the hose positioned over your shoulder so that you can access your water as you hike. Bladder bags can hold 1 - 3 liters of water.



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**Personal First Aid Kit:** Bring a small first aid kit with familiar medicine and first aid supplies you might need. Recommendations include the following: blister or foot remedies like moleskin, Compeed, blister bandages, or similar, a small roll of duct tape (always useful!), remedies for respiratory ailments, stomach ailments, sore muscles or joints. The guides will have a first aid kit but having what you know works well for you is a good idea

**International Travel Requirements:** Please note that a valid passport is needed to travel to Costa Rica and must be valid for at least 6 months after your return. There is a \$29 USD departure tax upon leaving Costa Rica and flying home. You can pay with a credit card but that incurs an additional \$10 USD fee so please plan your cash accordingly.