



Packing for Costa Rica- The Complete List

Adventure Gear & Footwear

- Flip Flops (also bring covered shoes if you plan on doing a Night Hike) *
- Crocs or Sandals with Socks *
- Reusable Water Bottle or Camelbak *
- Snorkel, Mask, and Fins
- Inflatable Life Jacket
- Camping Gear: Tent, Cookware, Pocket Knife & Small Machete, Fire Lighting Gear, Duct Tape
- Surfboard and/or Fishing Equipment

Sun Protection

- Rash Vest or Long Sleeve Shirt *
- UVA Sunglasses & Hat *
- Natural Sunscreen (Reef Safe, non-nano Zinc Oxide) *

First Aid Kit

- Natural Insect Repellent (Lemon Eucalyptus, Citronella, or Lemongrass) *
- 100% Aloe Vera Gel *
- Neosporin (or other antibiotic cream) *
- Hydrogen Peroxide Spray *

- Band-aids, Bandages, & Medical Tape *
- Plenty of your Prescription Medications (including birth control) *
- Tweezers *
- Diarrhea and Constipation Remedies *
- Antihistamines if you have allergies, Seasickness Tablets if you get seasick.

Luggage & Waterproof Gear

- Backpack-style Luggage (No Wheely Cases) *
- Dry Bag with Straps for day trips *
- Waterproof Case for money, phone, cards, and passport *
- Extra Plastic Bags or Trash Bags (for emergencies and odds & ends) *
- Gortex Waterproof Jacket *

Electronics & Gadgets

- GoPro or other waterproof camera
- Extra dry bags for any other cameras that you want to bring
- Power Adaptors (Costa Rica uses 2 and 3 pronged US outlets) *
- USB Charger Bricks (useful for charging your phone on the bus, or in power outages)
- Headlamp and/or Flashlight *
- Binoculars

Other Odds & Ends

- Plenty of Cash (remote areas of Costa Rica have no bank access, including Drake Bay) *
- Spanish Phrasebook or Translator App
- Wildlife Field Guides

*** Items with an asterisk are things we consider to be essential for your pack. Other items depend on your interests, needs, and the length of your trip.**

You can find more detailed descriptions of these items and why you should pack them at the following links

<http://www.gringocurt.com/questions-answers/>

<http://www.gringocurt.com/category/tips/>

