HELPFUL PACKING TIPS

− Put your full name on all personal items.

− Take precautions against pesky mosquito bites when traveling to warmer climates by packing light-colored long sleeves and full-length pants in woven fabrics. Bringing mosquito repellent with DEET, Picaridin, or oil of lemon eucalyptus can also lessen your chances of itchy bites.

− Don’t over pack! A common mistake is to take too many clothes, unnecessary toiletries, etc. You must be able to carry your own luggage. Usually one suitcase and a backpack are sufficient.

− Be sure to follow the TSA restrictions on the amount of liquids or gels that can be packed in carry-on bags. You can bring a single 1-quart-sized zip-top clear plastic bag with 3.4-ounce bottles or less.

− Don’t forget that WorldStrides doesn’t cover checked baggage fees. To avoid these fees, you may bring a carry-on suitcase and a backpack on the plane at no extra cost.

− If traveling by air, adults (18 years and older) must carry a picture ID (driver’s license, ID card, passport, etc.) that matches the name on your ticket.

OPTIONAL ITEMS TO BRING:

− Travel alarm clock/watch
− Dramamine pills for plane
− Snacks for plane ride
− Prepaid phone card & postage stamps (purchase in Costa Rica)

WHAT TO BRING

− Passport & two copies of passport
− Rain jacket & lightweight sweater
− Two shirts per day (some long-sleeved for mosquito protection)
− Two pairs of socks per day (for comfort and insect bite protection)
− Undergarments
− Three pairs of lightweight pants for hiking and insect bite protection (jeans discouraged)
− Waterproof pants
− Shorts (for activities not in rainforest)
− Two pairs of walking/hiking shoes (at least one pair will get wet)
− Sandals/flip-flops for down time
− Closed-toe water shoes
− Gallon-size, zip-top bags for wet clothing
− Insect repellent with DEET (wipes are recommended)
− Swimsuit
− Sleepwear & toiletries
− Spending money
− Hat (for sun protection)
− Waterproof sun block
− Sunglasses with strap
− Camera & charger
− Towel for outdoor activities
− Small backpack or daypack
− Flashlight (not a mobile phone)
− Binoculars for bird watching
− Plastic water bottle that fits in pack
− Pen or pencil