



Costa Rica Packing List

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