

Packing List – Costa Rica



Helpful Packing Tips

- Don't forget your passport! Be sure that the name on your passport matches the name on your airplane ticket exactly.
- Put your full name on all personal items.
- 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. Each passenger is limited to bringing 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.

Suggested Items to Bring

- Passport and two black and white photocopies of passport
- Rain jacket/poncho and lightweight sweater/jacket
- Two shirts per day (some long-sleeved for mosquito protection)
- Two pairs of socks per day
- Undergarments
- Three pairs of lightweight pants for hiking (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 (not permitted for daytime activities)
- Closed-toe water shoes
- Gallon-size, zip-top bags for wet clothing and protecting your Discovery Journal from water
- Insect repellent (wipes are recommended)
- Swimsuit
- Sleepwear
- Spending money
- Hat (for sun protection)
- Waterproof sun block
- Sunglasses with strap
- Camera and charger or batteries
- Toiletries
- Towel for outdoor activities
- Small backpack or daypack
- Flashlight
- Binoculars for bird watching
- Plastic water bottle that fits in pack
- Pen or pencil

Optional Items

- Prepaid phone card and postcard stamps (purchase in Costa Rica)
- Travel alarm clock/watch
- Dramamine pills
- Snacks for plane ride



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