



COSTA RICA

PACKING LIST & TIPS

WHAT TO BRING

- Rain jacket & lightweight sweater
- Two shirts per day (some longsleeved 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)
- Swimsuit
- Rash Guard/SPF Shirt
- 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
- Sleepwear & toiletries
- Towel for outdoor activities
- Hat (for sun protection)
- Sunglasses with strap
- Camera & charger
- Small backpack or daypack
- Binoculars for bird watching
- Water bottle that fits in pack
- Pen or pencil
- Gallon-size, zip-top bags for wet clothing
- Insect repellent with DEET (wipes are recommended)
- Waterproof sun block
- Alcohol-based hand sanitizer
- Disinfectant wipes
- Prescription medicine
- Spending money
- Original passport & two copies of passport
- A copy of your insurance card

OPTIONAL ITEMS TO BRING

- Motion sickness pills
- Headphones
- Snacks

HELPFUL PACKING TIPS

- Don't forget your passport! Be sure that the name on your passport matches the name on your airplane ticket exactly. And make sure to keep your passport with you—do not put it in your checked baggage.
- Make two copies of your passport. Keep one in your checked baggage, separate from your actual passport, and give one to your Program Leader.
- 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 overpack! 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.
- Make sure to have alcohol-based hand sanitizer on the plane/bus (pack it in your carry-on).
- Food service on planes and in airports may be limited, so be sure to bring snacks.
- Remember to pack prescriptions and essential items in your carry-on and consider bringing extra with you in case of emergency.