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**COSTA RICA PACKING LIST:**

**Clothing:**

* **Walking Boots/ Sturdy footwear**: these should have a strong grip to cope with the conditions, which may be dry and sandy with loose stones and shale.
* **Layered clothing**: lightweight tops, trousers and a fleece or jumper. Sportswear and synthetic fabrics are best as they dry quickly.
* **Outerwear**: a light waterproof jacket is essential and waterproof trousers are recommended.
* **Sleepwear**: hotel accommodation is of a high standard and rooms are warm and comfortable. Summer pyjamas are adequate.
* **Poncho**: (or two!) can be an excellent layer for over the top of your waterproofs in case you experience heavy, tropical rainfall! Large bin bags or a waterproof rucksack cover may also be useful.

**General Items:**

* **Day bag/ rucksack**: we recommend a rucksack or backpack, as these are far more suitable for trekking and walking than a shoulder bag or satchel.
* **Field Study equipment**: as determined by the school/ college.
* **Sun protection**: please remember to bring a sunhat, sunglasses and a high factor sun cream.
* **Insect repellant** (high deet content is recommended for the Caribbean)
* **Lip balm** and **moisturiser**
* **Camera** and **batteries**
* **Power adaptors** (two flat pin adaptors)
* **A torch** (especially if you are camping or visiting the Pacuare Reserve)
* **Flip flops** for the hot springs
* **Wet shoes** if you are rafting
* **Water bottle** that can be refilled

**Other:**

* **Turtle patrol night(s)**: those spending time on night time turtle patrols should bring loose fitting, dark coloured trousers and a dark coloured long sleeved top.
* **Glasses**: should you wear contact lenses then we recommend bringing a spare pair of glasses as hot or dusty conditions can make wearing lenses very uncomfortable.

**Medication:**  
Please remember to bring any medication required during your stay. Over-the-counter and prescription medicines may require a doctor’s letter confirming that the drugs are medically required and have been obtained legally. Please contact the relevant Embassy of the country you are travelling to in order to check transportation rules before travel.

**Luggage:**  
We recommend taking as little as possible whilst ensuring you have sufficient to enjoy your trip. Taking too much luggage can be a nuisance, especially if you exceed luggage allowance limits on the flight, or wish to buy souvenirs to bring home.  
It is recommended that both students and teachers are able to comfortably carry their luggage themselves.