



Costa Rica Suggested Packing List

CLOTHING:

- T-shirts or other short sleeved shirts
- 1 lightweight long sleeve shirt
- Light/rain Jacket if planning trips to volcanoes or rainforest, or traveling in rainy season
- Shorts
- Underclothes and socks
- Sleeping attire
- Bathing suit
- Hiking shoes and/or waterproof boots if you're interested in serious hiking
- Water shoes appropriate for water and rock (i.e. if interested in kayaking to an island, swimming/hiking waterfalls, white water rafting, etc.)

OTHER ITEMS:

- Sunglasses and sunscreen (sunscreen is expensive in Costa Rica)
- Reusable water bottle
- Travelers' medicine for diarrhea, heartburn, indigestion, etc.
- Personal medications or prescriptions
- Camera
- Insect repellent
- Extra pair prescription glasses
- Contacts: bring ample cleaning supplies & wetting solutions
- Lotion, wet wipes, Kleenex, lip balm, eye drops
- Personal cosmetics, toiletries
- Hat or baseball cap
- Binoculars if interested in bird watching
- Tennis and/or golf gear if playing