



What to Bring to Costa Rica on a trip

- ❖ Passport (carrying a photocopy of your passport is also a good idea--just in case).
- ❖ A change of lightweight cotton or cotton mix clothing--pants and short sleeve tops for off river after the canoe trip. **(If you have a canoe or rafting trip tour)**
- ❖ Lightweight long sleeve shirt and pants for cool evenings and/or sun protection.
- ❖ Lightweight sweater or pile top.
- ❖ Lightweight rain jacket for cool evenings and the occasional rain shower.
- ❖ One pair of comfortable walking shoes
- ❖ Wide brimmed hat
- ❖ Sunglasses with security strap
- ❖ Sunscreen
- ❖ Insect repellent
- ❖ Lip balm or chopstick
- ❖ Water bottle
- ❖ Personal medications
- ❖ Personal first aid kit
- ❖ Flashlight with extra batteries and bulb
- ❖ Bandana
- ❖ Camera and film
- ❖ Binoculars
- ❖ Day use backpack

➤ **Additional Clothes for Paddling** **(If you have a canoe or White water rafting trip tour)**

- ✓ 1- pairs of shorts
- ✓ 1 T-shirts or comfortable paddling tops
- ✓ Swim suit
- ✓ Light weight paddle jacket and rain pants for rain and/or sun protection. Preferably nylon or other fast drying material.
- ✓ Canoe shoes that can get wet for paddling such as sandals or booties.

➤ **Optional Gear**

- ✓ Collapsible umbrella
- ✓ Field guides, bird books, and travel books
- ✓ Journal notebook, pen and a good book to read
- ✓ Extra eye glasses, sunglasses and security straps
- ✓ Ear plugs, if need to

This list is intended to be skeletal, and we anticipate you will have your own ideas of what is "necessary." **In general bring half the clothes you think you will need and twice the film.**

Getting wet is always a possibility when canoeing or rafting, and river clothing has to keep you warm even when wet. Try to avoid cotton. **The problem with cotton is that once it is wet it absorbs water and does not dry out quickly.** During our travels we will be staying at places where casual clothing is acceptable. Long pants, short sleeve shirt or blouse and shoes or sandals are our common form of dress. Remember shorts are not generally recommended except for sports use.