

Packing List for Costa Rica

The following recommended items represent the best options borne of experience to pack for your Costa Rican program. Please check the list prior to departure to ensure you have included all the necessary items while remembering the most important rule: DO NOT OVERPACK.

- Passport (packed in carry-on bag) and a photo-copy (in your checked luggage.)
- Rain jacket or poncho and rain proof pants (if desired)
- Two shirts per day plus one shirt for each airline travel day (primarily tank tops and t-shirts as well as some long-sleeved for mosquito protection during night activities)
- Two pair of socks per day
- Undergarments
- Three pairs of lightweight pants for hiking (jeans are not the best option)
- Shorts
- Sweatshirt or jacket for layering
- Two pairs of walking/trail shoes (likely to get wet and/or muddy)
- Sandals/flip-flops for beach day or down time
- Swimsuit
- Sleepwear
- Camera and camera necessities (i.e. Batteries/battery charger, memory card etc.)
- Toiletries
- Towel for outdoor activities
- Battery powered alarm clock or watch
- Waterproof sun block (minimum 30 SPF)

- Sunglasses
- Small backpack or daypack
- Flashlight and extra batteries
- Insect repellent (wipes are recommended as they work well and don't spill)
- Refillable water bottle
- Notebook for notes and writing utensils
- Spending money (optional)
- Medication (in carry-on bag and be sure to notify your teacher of all prescribed medications or health issues before travel)

Packing Tips

- Put student's full name on all personal items
- Don't over pack! A common mistake is to take too many clothes, unnecessary toiletries, etc. Each student must be able to carry his/her own luggage. Usually one suitcase and a backpack are sufficient.
- Use quart-sized Ziploc bags to hold (3 ounces or less per security guidelines) shampoo and other liquid toiletries.
- Pack a few plastic bags for storing wet bathing suits or dirty clothes
- Don't forget your passport!
- A note on electronic devices: the nature of our programs do not allow much time for electronic viewing or listening to the many entertainment device options available. Pack only those items that can easily fit into your backpack/carry-on and evaluate how valuable such devices are when most likely the only time to enjoy them will be the plane ride to and from Costa Rica. Laptop computers are not recommended. Students will often have access to computers in the evening for the purposes of emailing home.