



## Costa Rica Packing Check List

For detailed explanations please visit  
Toucan Guides Costa Rica website.

### Shoes

- amphibian hikers or river/reef sandals
- hiking/walking shoes
- beach sandals/flip-flops
- dressy sandals or light-weight dress shoes

### Clothes

- 3-5 T-shirts, one or two long sleeved for bushwhacking and to protect your sunburn.
- 1-2 dress shirts or blouses
- 3-4 pairs of shorts. One or two pairs of quick drying nylon and one or two pairs of dressy cotton shorts or tropical weight/length skirts.
- active/sports swimsuit and a tanning suit You may also want a sarong or other casual beach cover-up.
- 1-2 pairs of long pants. Something dressy and something for the bush. If you can find a pair you like, convertible pants (zip-off legs) can serve as shorts and long pants.
- 5-8 pairs of underwear.
- 2-8 pairs of socks.
- Jacket- It is the tropics, but you will need something to keep you warm at higher elevations, or on the open ocean.
- bandana
- baseball cap or brimmed hat

### Toiletries

- razor
- toothbrush with cover, and toothpaste
- shampoo and conditioner
- brush or comb
- antiperspirant
- towel
- washcloth
- tampons
- toilet paper
- cosmetics

### Books & Maps

- Guidebook-Either Moon, Fodor or Lonely Planet.
- Map-Waterproof, current and detailed.
- Nature Guide

- Spanish/English Phrase book
- Bird Book
- Serious naturalists might want Janzen's "Costa Rican Natural History."

### Documents

- money belt or passport pendant-somewhere to carry your documents.
- passport
- drivers license
- money, credit/debit card, traveler's checks.
- insurance card and contact information.

### Miscellaneous

- Plastic bags
- A photo of your home or family
- Your Internet logon information
- address book
- Clothesline
- Water bottle or bag
- Flashlight
- A drinking cup.
- Something to read
- binoculars
- Croakies® or other glasses retainer system for your prescription or sunglasses.
- pocket knife
- mp3 player
- zip-ties
- gifts

### Health

- Personal prescriptions should be filled before you leave home.
- sunglasses
- Tampons
- Contact lenses and cleaning solutions
- If you wear prescription glasses, pack a spare pair

### First Aid Kit (Basic)

- band aids® Butterfly closures are useful to close deep cuts.
- eye drops- Artificial tears (e.g. NeoTears®)
- Imodium® OTC or Lomotil® (by prescription in the US) to treat diarrhea
- Dramamine® or other motion sickness prevention

- neosporin® (over the counter) or terramycin® (by prescription in the US) to prevent infection of small cuts, scrapes, and insect bites
- tweezers- needle point/surgical
- tape- waterproof, flexible, breathable surgical tape
- insect repellent- > 95% DEET for mosquitoes, and Avon's Skin-so-Soft® for no-see-ums.
- pain relievers/fever reducers (Acetaminophen, Ibuprofen, and/or Aspirin)
- sun screen- at least SPF 20, waterproof
- \$US 20 bill (if you want more emergency cash carry more twenties.. fifties and hundreds are regarded very suspiciously)
- vitamins- what ever you normally take
- whistle

### First Aid Kit (Advanced)

- alcohol pads & benzalkonium sterile wipes
- Aloe Vera gel- 100% pure, no perfume or color added; relieves the pain and speeds the healing of sunburn.
- anti-histamine tablets- there are all sorts of new pollens to react to, and these can help control the swelling and pain from insect, spider and scorpion stings.
- anti-bacterial soap
- anti-fungal cream
- codeine and/or valium
- Dramamine® or other motion sickness remedy
- electrolytes- to ease dehydration due to diarrhea or vomiting.
- erythromycin
- hemostat
- mole foam- to prevent and protect blisters
- peroxide based water purification system
- scissors
- sutures
- scalpel or razorblade
- sterile surgical gauze
- stainless steel nail file
- super glue- emergency repairs of equipment and an alternative to sutures
- tampons- for the obvious reason, and they also work well in a pinch as relatively sterile absorbent wound packing (o.b.®, no applicator).
- thermometer
- waterproof lighter

### Other things to have handy in your first aid kit

- micro led flashlight- in a night time emergency it might be the only light you have
- eyeglass screws
- 100 lb. test braided nylon line
- spare contacts
- emergency contact information (our names, addresses and phone numbers- in case we're unconscious, and those of our parents, and physicians in the U.S.)
- nylon sewing thread and needles
- crimp on snaps
- phone card
- ear plugs- the compressible foam ones are by far the best
- compass if you know how to use it.

### Unpacking List

- Copies of your documents. Minimally a Xerox of your passport, drivers license, credit cards, airline tickets, and any reservations that you've prepaid.
- There is no point in carrying all of your keys.
- Wallet contents- If you're going to carry your wallet, you can probably remove ¾ths of the contents.
- Purse-Look at what's in yours to decide if you want to lug it around, and if there is anything you don't need to risk losing
- Sheets/Sleep sack-great for hostels in Europe, but not necessary in Central America.