

PACKING LIST – COSTA RICA

PACK YOUR BAGS!

The AdventureWomen team has curated this list for your adventure in Costa Rica. It is meant to provide packing guidelines, but please also think about how you travel and what works for you as individuals. If you have any questions, please don't hesitate to ask! It's what we are here for.

Luggage Restrictions

There is a limit on luggage of 25 pounds per person when traveling on local boats while visiting the Tortuguero National Park. You will want a small spare bag to pack just the essentials for those few days.

Packing Considerations

You should expect pleasantly warm and sunny to hot and humid weather. Choose casual, comfortable, and breathable clothing. Lightweight pants and shorts are fine for daytime wear, but you may prefer to wear long pants and long sleeves for protection from sun and insects.

PACKING CHECKLIST

Clothing & Gear

- Small duffel bag/suitcase
- Duffel bag or small suitcase
- Daypack and rain cover
- Lightweight hiking boots or walking shoes (make sure they are broken in!)
- 1 pair sandals/water shoes for rafting (must stay on your feet - no flip flops!)
- Comfortable shoes for evenings
- Rain jacket or poncho
- 4-5 short sleeve shirts (quick dry recommended)
- 1-2 long sleeve shirts for sun/insect protection
- 2 pairs of quick dry shorts for water sports
- 2 pairs shorts (not too short)
- 1-2 pairs of pants (lightweight recommended)
- 1-2 casual outfits for dinners
- Light fleece jacket
- 1-2 bathing suits
- Underwear & bras
- Socks

- Hat for sun protection
- Sleepwear

AdventureWomen Essentials

- Travel documents (passport, airline tickets, money)
- 2-3 spare passport photos (in case of lost passport)
- Write down/print out travel insurance number
- Locks for your suitcase/duffel bag
- Travel alarm clock with spare batteries or cell phone
- Headlamp or small flashlight with spare batteries
- Binoculars (8x40/42 models are excellent choices; center focus models are easiest)
- Digital camera, memory cards, battery charger
- Power adapters/power bank
- Sunglasses, case, and strap
- Spare glasses, contact lenses, cleaner, saline, etc.
- Money belt or neck pouch

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Essentials Continued:

- Water bottle
- Sunscreen and lip balm with SPF
- Mosquito repellent
- Hand wipes/hand sanitizer
- Toothbrush/toothpaste
- Soap, shampoo, and conditioner
- Small packet of tissues
- Tampons and panty liners (avoid plastic applicators)
- Earplugs: we recommend silicone earplugs
- Assortment of stuff sacks and bags (please consider bring reusable or silicone bags to reduce the use of disposable plastics)
- 1-2 bandanas/Buff
- Reading material/journal and pens
- Masks/face coverings

Personal First Aid Kit

- Prescription medicine you usually take (in original containers)
- Person epi pen - if you need one, don't forget to pack it!
- Bandages, gauze, ace bandage, blister prevention
- Antiseptic wipes/spray
- Antibiotic ointment
- Cotton-tipped applicators
- Oral rehydration tablets/packets - helpful to rehydrate at higher altitudes
- Antidiarrheal medication
- Mild laxative
- Antacid
- Cold remedies
- Ibuprofen/acetaminophen
- Eye drops
- Tweezers, scissors (travel size), safety pins
- At Home COVID tests

Please note you'll be taking different modes of transportation that could cause motion sickness, and you'll be tasting many different foods. Please be sure to consult a travel doctor if you have any concerns and bring prescription and over-the-counter medicine you feel YOU will need for this trip.