

Costa Rica Packing List

It’s happening guys!! It's time to start getting your gear ready for the upcoming expedition! I have made a quick packing list that I would recommend on a trip to Costa Rica.

My quick tips

**Pack your things in a backpack (it’s crushable and easy to stuff in a car).** We also do not have a ton of room inside the vehicle so make sure it is as compact as possible

PACK LIGHT!!! You really don’t need as much as you think you do. As long as you stick to the list you should be fine. If you can live without if, you don’t need it

Anything crushable and collapsible is wonderful. Having big bulky things with you can be annoying to carry around so a camelbak and water bottles that can shrink are great.

If you want to rent a camera let us know. We can give some recommendations

Study up on your Costa Rican Animals and get ready to experience 5% of the world's Biodiversity!!!!

Packing List

* Shirts/ tank tops (quick dry is preferable, remember it is a rainforest)
* 1 long sleeve shirt (warmer one if you are ectothermic)
* 3 pair of shorts (quick dry if possible)
* 1 pair of long pants that are light and breathable
* Socks (bring some long socks as well that are cotton or wool)
* Baseball hat or crushable sun hat
* Raincoat (preferable one with a hood)
* Water shoes that are gripable
* Bug spray with a pump (non aerosol)
* Sunglasses
* Sun lotion (non aerosol)
* Day pack with camelbak, crushable water bottle, or water bottle holder
* 1 bathing suit that is durable and strong (You don't want that thing ripping off)
* 1 pair of hiking shoes or tennis shoes
* 1 pair of sandals
* Biodegradable soap- Dr. Bronner's is great for many purposes including laundry, shampoo, body soap, shaving cream, vegetable cleaner, and multipurpose cleaner

Recommended

* Waterproof bag
* Laundry soap bar
* Lush shampoo soap bar-- no plastic woop woop!!!
* DSLR camera and/or waterproof camera (contact us if you want to rent)
* Costa Rica Wildlife Field Guide

Let us know if you have any questions or concerns. :D

Danielle Therrien

Trip Coordinator and Guide