

# GENERAL PACKING LIST FOR COSTA RICA

## IMPORTANT DOCUMENTS

- ✓ Valid Passport and possible visa (for example ESTA, if traveling via the United States or ETA, if traveling via Canada)
- ✓ Copy of your passport
- ✓ Drivers license (if required)
- ✓ Cash, however you can pay with credit or debit card as well
- ✓ Travel insurance card along with contact information
- ✓ A card with emergency contact information for friends and/or family
- ✓ Arrival/Departure ticket

## OTHER ITEMS

- ✓ Camera (case, batteries, charger, memory cards)
- ✓ Dry bag or a few Ziploc freezer size bags
- ✓ Water bottle or bag for hiking (bottles of water can also be purchased at the local supermarkets)
- ✓ Binoculars (not obligatory)
- ✓ Flashlight or headlamp (not obligatory)
- ✓ Container for your prescription or sunglasses (if required)
- ✓ Light backpack for day trips (if required)

## HEALTH CARE AND BASIC FIRST AID

- ✓ Prescription medicine - You should bring the medicine with you as you may have trouble finding them here.
- ✓ Prescription glasses (if required)
- ✓ Contact lenses and cleaning solution (if required)
- ✓ Sunglasses
- ✓ Items like band aids or pills for motion sickness or diarrhea, etc can be purchased here, unless you use a specific brand
- ✓ Specific Sun Screen (hopefully waterproof and at least SPF 20)
- ✓ Vitamins if you normally take them

## **CLOTHES & SHOES**

- ✓ Quick dry shirts are recommended
- ✓ Long sleeve shirts for protection from the sun or hiking through higher elevation forests
- ✓ Quick dry shorts for general use
- ✓ Dress shorts or tropical weight skirts
- ✓ Swimsuit (for rafting and for your beach stay)
- ✓ A pair of long pants for hiking if necessary. TIP: Convertible pants are convenient and can reduce your packing as you can unzip the pant legs and use them in place of the general use shorts.
- ✓ Underwear
- ✓ Socks
- ✓ Sleepwear
- ✓ Rain jacket – It should be lightweight and breathable
- ✓ Hat or Cap for protection from the sun
- ✓ Nylon mesh bag for dirty/wet clothes
- ✓ Hiking or walking shoes depending on the level of activity in your vacation
- ✓ Sandals or Flip Flops
- ✓ You may also want to consider bringing shoes that can get wet, e.g. for Rafting tour

## **TOILETRIES**

- ✓ Usually the Hotels offer toiletries, however, if you prefer to bring your own (shampoo, etc) you can do that. Nevertheless, you can get all of these things (such as toothpaste, cosmetics, tampons, deodorant, etc) at the local supermarkets