

# Packing List for Costa Rica

## What to Bring

- PASSPORT
- Sunscreen
- Bug Spray
- Breathable clothes (ex. Rayon)
- TWO pairs of hiking shoes
- Water shoes for rafting
- Rain jacket
- Bathing suit
- Jeans for horseback riding
- Camera
- Money in small denominations
- Hat
- Binoculars
- Backpack
- Mesh bag for wet clothes
- Snacks
- MP3 player
- Head lamp
- Underwater camera
- Diary
- Toiletries
- Water bottle
- Sunglasses
- Aspirin
- Imodium
- Flashlight
- Phone card or cell phone
- Hand sanitizer
- Towel
- Small Alarm clock

## What Not to Bring

- Valuable articles that are not necessary for the course
- Jewelry
- Computers
- Perfume/ scented cologne/ perfumed lotions (attracts bees and insects)
- Luxurious garments
- Objects of sentimental value
- Excess Cash
- Knives or cutting instruments