



Costa Rica Packing List

Read these guidelines carefully and refer back to them frequently. This information was gathered to assist you in packing efficiently and effectively.

Packing Checklist

(Put student's full name on all personal items)

- Two black and white photocopies of passport (one packed in your carry-on bag, separate from your original passport, and one at home where someone in your family can email/fax if necessary)
- Rain jacket/poncho
- Two shirts per day (some long-sleeved for mosquito protection during night activities, plus one for each day of airline travel)
- Two pairs of socks per day
- Undergarments
- Three pairs of lightweight pants for hiking (jeans strongly discouraged)
- Waterproof pants
- Shorts (for activities not in rainforest)
- Lightweight sweater/jacket for layering
- Two pairs of walking/hiking shoes (at least one pair will get wet; sandals and flip-flops are not permitted for daytime activities)
- Spending money (about \$50)
- Hat (for sun protection; a clip is helpful to prevent it from being blown off when on the boat)
- Sandals and flip-flops for down time
- Closed-toe water shoes
- Swimsuit
- Sleepwear
- Camera and batteries
- Watch
- Toiletries
- Towel for outdoor activities
- Waterproof sun block (minimum 30 SPF)
- Sunglasses with strap
- Small backpack or daypack
- Flashlight
- Insect repellent (wipes are recommended – work well and don't spill)
- Plastic water bottle that fits in pack
- Pen or pencil
- a gallon-size, zip-top bag (to protect your Discovery Journals from water)

Optional Items

- Prepaid phone card and postcard stamps (purchase in Costa Rica)
- Travel alarm clock
- Dramamine pills (not patches; look for 'less drowsy' formula)
- Snacks for plane ride
- Mask, snorkel, fins* (for Coastal Conservation)

*NOTE: Snorkel equipment is provided to students who do not have their own. If you already own equipment, you may bring it on your program.



Packing Tips

- Put student's full name on all personal items.
- Don't over pack! A common mistake is to take too many clothes, unnecessary toiletries, etc. Each student must be able to carry his/her own luggage. Usually one suitcase and a backpack are sufficient.
- Use quart-sized Ziploc bags to hold (3 ounces or less) shampoos and other toiletries that could leak.
- Pack extra plastic bags for storing wet bathing suits or dirty clothes.
- Don't forget your passport!

Baggage Guidelines

WorldStrides Identification Badges and Luggage Tags

Thirty days prior to travel, WorldStrides will provide one Identification Badge and two luggage tags per traveler. After being filled out, these tags may be collected by your Program Leader until final roll call prior to departure. Additionally, many travelers find it helpful to attach a unique ribbon or tag to baggage to avoid confusion between bags of similar appearance.

Baggage Restrictions

Airlines restrict travelers to a maximum of three total bags, including equipment. One carry-on is allowed, as long as it fits under the seat or in the overhead bin. Specifically, it must not exceed 22" x 14" x 9" or 40 pounds. The Transportation Security Administration restricts the amount of liquids that can be packed in carry-on bags. Each passenger is limited to bringing a single 1-quart-sized zip-top clear plastic bag with 3-ounce bottles or less. Any liquids or gels (including sun block) must be in 3-ounce bottles or less for unchecked luggage.

For international flights, passengers are allowed one checked bag, which must not exceed 50 pounds. Baggage fees apply to excess baggage and oversized baggage. WorldStrides accepts no responsibility for additional fees and discourages you from traveling with these items. Baggage policies vary by airline, so please check your carrier's website for more details.

Please remember, students must be able to carry all of their own luggage.

Baggage Fees

Many airlines are now charging baggage fees for the first and/or second checked bag. These fees are not covered by WorldStrides and are the responsibility of the traveler on both the departing and returning flights. To avoid these fees, students may bring a carry-on suitcase and a backpack on the plane at no extra cost. Baggage policies vary from airline to airline and are continually changing, so please check your carrier's website regarding the most up-to-date baggage fees.