

# Packing List: Costa Rica Sea Turtle Ecology 2016

Please follow this packing list as closely as possible. We've refined the packing list over many years of travel and wet clothing mishaps, and we've honed in on a good balance of comfort, weight, and durability.

## LUGGAGE

- **Duffel Bag, Internal Frame Backpack, or Soft Luggage**
  - ALL clothing and gear must fit in ONE bag
  - Approximate Size: 30" X 15"
  - Should have:
    - Heavy nylon fabric
    - Wrap-around handles
    - A heavy-duty zipper
    - May have to carry bag up to ¼ mile
    - Avoid bags with wheels, if possible
- **Day Pack or Carry-on**
  - Use as your carry-on for the flight
  - In country, you'll use this bag for day hikes, bus travel, etc.
  - Pack in this bag:
    - Full change of clothing (including socks & underwear)
    - Camera gear
    - Medications
    - Money and documents
    - Prescription glasses, contact lenses, prescription medication, and other valuable or irreplaceable items



\* Remember to check the airline for International Baggage Regulations and any carry-on fees you might incur.

\*\*Be sure to check out the [EPI Store](#) for any gear purchases you may need!

## CLOTHING

- 2 pairs of lightweight pants** (at least one dark in color for sea turtle patrol) – If you're going to buy one specialty travel-clothing item, quick-dry nylon pants might be the place to spend your money. Avoid jeans.
- 2-3 long-sleeved shirts** – loose and lightweight (synthetic is best) – at least 2 in dark colors for turtle census and 1 light in color for day use
- 5-6 T-shirts** – at least two synthetic and dark in color for turtle census
- 2-3 Tank-tops** (or extra t-shirts)
- 2 pairs of shorts and/or skirts**
- Lightweight raincoat** (*waterproof/breathable*) or a durable poncho (dark in color)
- 1 warm synthetic top** (e.g. – fleece)
- 1 bandana / cotton scarf:** *For use as hairband, washcloth, sun protection, etc.*
- Farewell dinner/meeting Costa Rican students outfit** – Women might want a simple dress, skirt, or short; men can wear shorts or long pants and a lightweight collared shirt. Please, no high heels, low-cut shirts, short skirts, or spaghetti straps.
- Underclothes**
- 1 bathing suit** – For rafting: wear underneath quick-dry shorts/shirts that cover & protect against sunburn.
- Sun hat with strap/ baseball cap**
- Rash guard** – for protection and warmth when rafting



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## FOOTWEAR

You'll be walking almost every day on-course, sometimes along muddy trails. Your shoes will likely get sandy, wet, and muddy!

- Closed-toed hiking or tennis shoes** – for night turtle census – go for comfort with these!
- Rubber boots** – for forest hikes – at all rainforest stations it is mandatory to wear rubber boots. If you don't have a pair, the field station has a few extra pairs to lend to our participants.
- Sport sandals** (Teva/Chaco-type with a heel strap or light weight tennis shoes). *Great to have for kicking around the research site, on the rafting or zip-line trips, and when we're in town.*
- Flip flops**
- 2 pairs of long, light hiking socks** – for use with rubber boots
- 5 pairs of cotton socks**

## PERSONAL CARE ITEMS

- Passport:** must be valid for at least 6 months from your arrival date
- Original notarized Minor Travel Letter form** –Put inside your passport for getting through customs
- Towel** (There aren't towels at the field stations)
- Toiletry articles** (biodegradable soap and shampoo, toothbrush, paste, etc.)
- Personal Medications** (over the counter and prescribed) – leave in original packaging with dosage instructions
- 2 inhalers** (if you have a prescription for an inhaler)
- Prescription glasses or contact lenses:** Bring a pair of glasses even if you prefer to wear contacts, and a spare set (of contacts or glasses), if you have them
- Sunglasses:** polarized with 100% UV protection
- Sunscreen:** 30 SPF minimum, water resistant, biodegradable, no oxybenzone or parabens- bring enough to cover you for the length of your trip!
- Lip balm with sunscreen**
- Insect repellent:** We recommend a natural or organic repellent

## DAILY NECESSITIES

- 1-qt. water bottle**
- 1 journal or notebook** (we also provide a field book, but you may want your own for personal journaling)
- 2 pens**
- Watch with alarm or travel alarm clock with batteries**
- Headlamp or flashlight**
- Extra sets of flashlight batteries**



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## OPTIONAL/SUGGESTED ITEMS

- Camera** (pack in a plastic bag for protection against moisture and sand, or bring an underwater camera)
- Film or memory cards & extra camera batteries**
- Binoculars**
- Disinfectant towelettes or anti-bacterial lotion**
- 2-6 energy bars** (Clif bars, Powerbars, etc. make for good snacks between meals. Please do not bring candy or unsealed food –the ants and insects like them too much.)
- Deck of cards, hacky sack, other small games**
- Itching remedy** (Cortaid, Sarna, After Bite) - check with physician or pharmacist for recommendations
- 2 large garbage bags** for packing wet clothes or dirty shoes; we've found trash compactor bags work best