



Costa Rica

Average daily temperature will be around 25°C. It will be warm and somewhat humid; be prepared for rainfalls in the forested regions and near the volcanoes.

PACKING LIST

The Basics

- Luggage ID Tags
- Passport (also bring a photocopy and leave one at home)
- Money Belt & Cash for the first few days (US Dollars)
- Debit Card/Travelers Cheques
- Long Distance Phone Card (can be purchased on site)
- Travel Journal and Pens

Personal

- Toiletries
- Medication and Prescriptions (Aspirin, Graval, Imodium)
- Insect Repellant
- Lip Balm & Sunscreen (30 SPF minimum)
- Small Towel and Washcloth (provided but you may want your own)
- Beach Towel
- Extra Glasses, contacts and prescription
- Sunglasses (UV protecting)
- Laundry Detergent (zip lock bag or tablet form)

Clothing

- Rain Jacket/ Windbreaker
- Rubber boots/Work Gloves (for volunteer work)
- Water shoes for swimming
- Comfortable Walking Shoes & Athletic shoes
- Sandals
- T-Shirts
- Light Sweater
- Jeans & Lightweight Pants
- Shorts
- Comfortable summer skirts/dresses
- Underwear & Socks
- Sun hat/Baseball Cap
- Swimsuit
- Pajamas

Other Useful Items

- Flashlight
- Voltage and Plug Adapters
- Batteries
- Watch & Alarm Clock
- Camera
- Binoculars