



## Gear List for Costa Rica Volunteer Trip

The key to staying comfortable while on an active trip is layering. To get maximum comfort with minimum weight, you need versatile layers that mix and match to create the right amount of insulation, ventilation and weather protection. This gear list has been created to help you in choosing your equipment for the trip. Try to bring only what is necessary, since we will be traveling and need to move baggage several times.

RECOMMENDED GEAR		
<p><b>OFFICIAL PAPERS</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Airline tickets, itinerary and confirmation</li> <li><input type="checkbox"/> Passport</li> <li><input type="checkbox"/> Proof of emergency medical and evacuation insurance</li> </ul> <p><b>LUGGAGE</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Suitcase, duffel or backpack.</li> <li><input type="checkbox"/> Small Daypack or fanny pack (approx. 2,000-2,500 cu. in.) to carry your lunch, and personal items and rain cover for pack</li> <li><input type="checkbox"/> Passport pouch and money belt</li> <li><input type="checkbox"/> Luggage tags and locks</li> </ul> <p><b>OUTERWEAR</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Hooded rain jacket, lightweight, waterproof and breathable – must be dark colored for night patrol</li> </ul> <p><b>FOOTWEAR</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Hiking shoes – ankle high recommended; Be prepared for them to get wet</li> <li><input type="checkbox"/> Water shoes (full water protection)</li> <li><input type="checkbox"/> Sandals for beach/shower</li> </ul>	<p><b>CLOTHING - NOTE: YOU MUST BRING SOME DARK (SUCH AS BLACK, BLUE OR GREY) CLOTHING WHICH IS ESSENTIAL FOR NIGHT PATROLS</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Bring a few lightweight, casual, tropical clothes, easily washable items, for city and lodge wear</li> <li><input type="checkbox"/> Hiking shorts</li> <li><input type="checkbox"/> lightweight and synthetic long-sleeve shirt(s) for cool evening and sun protection</li> <li><input type="checkbox"/> Hiking pants you can work in, lightweight, synthetic and loose-fitting.</li> <li><input type="checkbox"/> Lightweight sun protective swimwear such as Rashguard –</li> <li><input type="checkbox"/> T-shirts, quick dry</li> <li><input type="checkbox"/> Socks and Underwear</li> </ul> <p><b>CLOTHING ACCESSORIES</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Sun hat</li> <li><input type="checkbox"/> Bandana</li> <li><input type="checkbox"/> Leather gloves for work</li> <li><input type="checkbox"/> Safety glasses</li> </ul> <p><b>TRAVEL ACCESSORIES</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Two (2) one-quart water bottles or hydration system</b></li> </ul>	<p><b>TRAVEL ACCESSORIES</b> (cont'd)</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Flashlight or headlamp <b>with red light mode</b> and spare batteries/bulb (Essential)</li> <li><input type="checkbox"/> Sunglasses and retainer strap</li> <li><input type="checkbox"/> Sunblock and lip balm (essential)</li> <li><input type="checkbox"/> Insect repellent</li> <li><input type="checkbox"/> Toiletry kit with biodegradable soap</li> <li><input type="checkbox"/> Personal prescription medication</li> <li><input type="checkbox"/> Personal first aid kit</li> <li><input type="checkbox"/> Camp towel</li> <li><input type="checkbox"/> Biodegradable laundry soap and clothesline</li> <li><input type="checkbox"/> Waterproof stuff sacks</li> <li><input type="checkbox"/> Ear Plugs &amp; Eye Mask for sleeping</li> </ul> <p><b>OPTIONAL FIELD GEAR</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Camera, and accessories</li> <li><input type="checkbox"/> Small binoculars – <b>highly recommended</b></li> <li><input type="checkbox"/> Hiking stick or trekking poles</li> <li><input type="checkbox"/> Watch with alarm or travel clock</li> <li><input type="checkbox"/> Spare contact lenses or glasses</li> <li><input type="checkbox"/> Wipes and hand sanitizer gel</li> <li><input type="checkbox"/> Reading and writing materials</li> </ul>

## Things to Consider

### WEATHER

Costa Rica has two distinct seasons: A dry season that runs from December through April, and a rainy season that runs from May through November, with September and October being the heaviest rain period but they are also some of the best months for sea turtle nesting. We will overnight twice in San José and one night in the highlands. Around San José and the Central Valley temperatures are 5-10 degrees cooler and temperatures at high elevations over 5000ft can be cooler. Average annual temperature in Costa Rica is around 21-27 degrees Celsius or 70-81 degrees Fahrenheit.

The beaches and lowlands in Punta Banco, Burica Peninsula experience high temperatures in the seventies at night to low-nineties during the day with high humidity and intense sun. Please come prepared for all possibilities and equipped with good lightweight raingear and plan on layering in the evening in San José and the highlands. In the evenings, along the beach areas, mosquitos may be present and "no-see-ems" are known to be bountiful.

You will soon find yourself letting go of your daily world precepts and adjusting to the life of a local - Pura Vida!

- Always pack essential items such as your passport, money, eyewear, medications and one set of spare clothes in your carry-on baggage, in case your luggage is delayed.
- Clothes can be casual and loose fitting.
- Please bring a layer to protect yourself from the sun while in the water, such as a Rashguard.
- The adventure involves riding on a bus along highways, winding mountain roads and narrow dirt roads. Those who tend to get motion sickness should bring their favored remedy: medication, patch or wristbands.