



COSTA RICA ✪ PACKING LIST

OUR RECOMMENDED CHECKLIST OF WHAT TO BRING

Fellow Travelers: Please refer to this handy packing list for the Costa Rica trip. Follow this list as closely as possible; it will ensure your comfort on the trip and allow us to travel efficiently as a group. Remember, this is not a trip of high fashion and multiple changes of clothes. Our trip to Costa Rica is during the rainy season, which means that, while it is usually sunny and warm, afternoon rain is common. More importantly, it is constantly humid, so clothing takes awhile to dry. Consider this while packing. Try to pack quick-drying clothing. A light, waterproof raincoat is necessary!

We will be traveling via small chartered buses and there is limited room for our baggage. If everyone sticks to the list, we will easily be able to fit our entire luggage in the vehicles and we will ensure our comfort. In addition, once again, it is imperative that each person be able to carry his or her own luggage.

IDENTIFICATION AND MONEY:

Please bring a VALID PASSPORT and TWO PHOTOCOPIES of the passport page where your picture appears. **(PLEASE DON'T FORGET THE PHOTOCOPIES, THEY ARE VERY IMPORTANT!)**

At the suggestion of the U.S. State Department and all airlines, in addition to a passport, we are asking that all Global Works participants bring a signed, notarized note from both legal parents or guardians giving permission for them to travel as part of a Global Works trip. It is becoming a necessary standard for getting through customs and across borders. You may use the enclosed form.

An additional form of photo identification (other than your passport), if possible

Spending Money: To satisfy the craven desire for junk food and souvenirs. Most students spend \$150 to \$200 during the trip...but certainly, you can do with less. Global Works pays for meals, admissions, lodging, laundry, etc. Travelers' checks work just fine for much of the trip but we recommend that students bring half of their money in cash since some of the small communities cannot cash travelers checks.

A Money Belt (or purse/pouch that crosses over your neck) to hold your passport, money, and traveler's checks

OPTIONAL

Musical Instrument
 Art Materials (water paints, markers, beads, etc.)
 Power Bars/Harvest Bars
 Travel games/ Cards
 Reading Materials
 Duct Tape (Good for a variety of uses!)
 Two (2) Cassette Tapes or CDs of your favorite mixed tunes for bus rides and dance exchanges.

EQUIPMENT AND CLOTHING

A Large Daypack/backpack to use as an airline carry-on & day-hike bag. This item is important because it will afford you the convenience of keeping valuables close to you on the plane. This bag should also be large enough to store 3-4 days worth of clothing. We will carry a few days worth of clothing in it while our large bags are put in storage during the Monteverde portion of our trip.

One Medium Sized (Empty) Duffel Bag. It does not need to be high quality, you will use it for storage when we shift gear around, so bring it empty, packed in your large bag/suitcase.

A LARGE BACKPACK, DUFFEL, OR ROLLING SUITCASE. ALL of your regular gear must fit inside this and you should personally be able to carry it. An internal frame pack should have a capacity of approx. 4500 cubic inches to carry all your gear.

A Sleeping Sheet/Sleep Sack . All of the places we stay will have bedding, however we suggest you bring a sleeping sheet for your own comfort. You may buy one online, or find them in an outdoor store. You also may create your own by folding a queen size flat sheet in half, and sewing two sides.

A Stuff Sack for your sleeping sheet/sleep sack.

A Sleep Screen Mosquito Net. You can find a mosquito net at large outdoor/ camping stores like EMS and REI. Do not bring a sheet of mosquito netting. **Sleep Screens have their own mini-frame that forms a dome around your upper body while you sleep. See our website for a visual example.**

***Four heavy duty (three mil) garbage bags and six one-gallon size zip lock bags for storing gear and keeping things dry.** *A good packing strategy is to pack clothing, underwear, and socks in the zip lock bags.*



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EQUIPMENT AND CLOTHING (CONT.)

- A pair of **Lightweight Hiking Boots** for hikes and projects. Please be sure they are broken in and comfortable.
- A pair of comfortable **Sneakers**
- A pair of **Waterproof Sandals** - Teva type sandals or their knockoffs are best. You will need sandals with straps (not flip-flops) for the rafting trip.
- Sunglasses & Spare Eyeglasses for Contact Wearers**
Eyeglass wearers may want to bring eyeglass straps so as not to lose your glasses while white water rafting.
- NECESSARY: One Flashlight or Headlamp** with extra batteries and bulbs. We will be able to recharge any rechargeable batteries if you bring a charger, but bring an extra set of the batteries for night hikes.
- A **Lightweight, Waterproof Raincoat** that's suitable for hiking and working. There are now less expensive alternatives to GORE-TEX that work just as well. Look for products that offer breath-ability, such as through vents, etc.
- Thin Pile or Light Fleece Jacket/Pullover**
- Two (2) Long Sleeve Shirts** (one warmer, one lighter)
- Six (6) T-shirts**—three shirts for work & three shirts to wear when you're all cleaned up. 😊
- Two (2) Pairs of Shorts**. One pair must be mid-thigh length or longer. The shorts should be quick drying and lightweight. Remember that at times shorts will be inappropriate in the cities.
- Two (2) pairs of Long Pants**. A lightweight, quick drying pair for hiking and one warmer pair (jeans, cords, or khakis) for evenings.
- One "nice, but not formal" (you define) outfit** in case we have the opportunity to go out dancing or somewhere a bit less casual.
- One (1) pair of lightweight pajamas**
- Eight (8) pairs of underwear**
- Eight (8) pairs of socks**: Two should be high tube or soccer socks (necessary because you'll be wearing rubber boots, and the tops of the boots can cause chafing), and one pair should be wool for hiking.

- One medium size towel, one "swimmer's" towel (one that's quick drying and compact), and a washcloth**
- One bathing suit**
- Sun hat or baseball cap**
- One-liter water bottle - durable plastic works well**

A Special Note on Calling Cards:

Please know that not all calling cards work well from Costa Rica. Our leaders shared that they had *no problem* with AT&T and MCI calling cards. Both AT&T and MCI provide operators if there are any difficulties using the card--not all cards provide operators. (Pre-paid calling cards from Savemart, Costco, Sam's Club, or other major stores are fine, but please make sure that they are labeled as AT&T or MCI. Be aware that 1 minute of call time from the U.S. on those cards is worth about 5 minutes of call time from Costa Rica. Therefore, a 60 minute card will give you 12 minutes of talk time; a 100 minute card will give you 20 minutes, etc.)

Cell phones are not advised. However, if you choose to bring one, understand it will be retained by your staff leaders during the trip (outside of travel days) and handed out for use as they deem appropriate.

MISCELLANEOUS ITEMS TO PACK:

- A couple of small, inexpensive gifts for your host family and the Costa Rican friends you will make on the trip.** Because you will not know the members of your family until a few days into the trip, a good idea is to bring one gift for your "mom", one for your "dad", and a collective gift for the children. Moms love to receive inexpensive kitchen or bath items; and popular gifts with dads are T-shirts, key rings, and baseball caps. We recommend an interactive gift for the children, i.e. an activity that you can do with them like puzzles, card games (Uno, Crazy Eights, etc.), arts and crafts, frisbees, hackysacks, magazines or books.
- PHOTOS FROM HOME**--Share these with your homestay family and co-participants. Photos and postcards of your family and hometown are a great way to 'break the ice' the first evening (and they don't take up a lot of room in your pack!)
- Spanish/ English pocket dictionary**



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MISCELLANEOUS ITEMS TO PACK (CONT)

- Camera with case** - (insure if valuable.)
Buy most of your film in the U.S.
- One bandanna** --for various uses
- One pair of work gloves** (please label)
- Toiletries** in small sizes (These goodies can be replenished very easily in Costa Rica)
- Prescriptions & Vitamins**
- Sun block and Lip Protection** (SPF 15 or higher)
- Afterbite** or other itch relief lotion for mosquito bites (Cortaid works well.)
- A Small Notebook & Pen** (We will provide a group journal)
- Combo Locks**--small locks you can put on your luggage while in storage.
- Small Alarm Clock**-- or a watch with an alarm
- Bug Repellent (non-aerosol)**
- The Global Works Contact Card (you will receive this in our late May mailing)**. This card lists the Global Works Home Office phone numbers--keep this in your wallet or carry-on bag during travel days.

PACKING TIPS!

1. Tightly pack your clothing, socks, pajamas, and socks in your zip lock bags to keep things dry and to reduce the bulk.
2. To reduce bulk, combine one pair of shorts and the hiking pants by bringing "zip pants" (pants that have "zip-off" pant legs, turning them into shorts)
3. Your "nice, but not formal" outfit should be included/considered part of your shirt/pant quantities, not extra.

RESOURCES FOR ADDITIONAL INFORMATION

www.lonelyplanet.com/destinations/central_america/costa_rica/
www.ticotimes.net
www.amcostarica.com
www.infocostarica.com
www.cia.gov/cia/publications/factbook/geos/cs.html
www.costarica.com
www.cocori.co.cr