



## COSTA RICA LANGUAGE EXPOSURE ✪ PACKING LIST

### OUR RECOMMENDED CHECKLIST OF WHAT TO BRING

**Fellow Travelers:** Please 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. You may also consider packing much of your clothing in ziplock bags as it's a nice way to separate and organize items. 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 amount of luggage in the vehicles and we will ensure our comfort. **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. If you have booked your airline ticket thru Campbell Travel, you may have already received a form to complete via e-mail. If you booked on your own or have misplaced the form that Campbell Travel sent, we have enclosed another with this mailing. (You may also download one from our website.) **Once the form is completed and notarized, participants should keep it with their carry-on bag on opening day; the home office does NOT need a copy of the completed 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 \$200 to \$300 during the trip...but certainly, you can do with less. Global Works pays for meals, admissions, lodging, laundry, etc. Visa network ATM cards and cash work best. Travelers' checks are only accepted at banks and up-scale souvenir shops. When bringing cash, we recommend that you bring small denominations.

**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

An inflatable travel pillow for bus days

A camel back or Nalgene bottle as a water carrier

Pens/Pencils

Duct Tape (Good for a variety of uses!)

Two CDs of your favorite mixed tunes for bus rides and dance exchanges.

Shower shoes/thongs

A sarong for beach days

**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 on-line, 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 (OPTIONAL)** 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. Check our website for a visual example.** (Some participants choose to use these and some don't. If you're more on the squeamish side, this will help keep innocuous bugs, such as moths, off of you.)



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### 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.

**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 without help. An internal frame pack should have a capacity of approx. 4500 cubic inches to carry all your gear.

**\*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.*

A pair of **Lightweight Hiking Boots** for our hikes and projects. Please be sure they are broken in and comfortable.

A pair of comfortable **Sneakers**

**Amphibian Shoes or Waterproof Sandals** - Teva type sandals or their knockoffs are best. You will need sandals with straps (not flip-flops) for the rafting trip. A shoe designed for water sports will offer more protections and more uses.

**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. (Past participants strongly suggest a headlamp over a flashlight.) 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, hooded 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 a 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. ☺ Non-cotton shirts are cool and dry quickly

**Two (2) Pairs of Shorts.** One pair must be mid-thigh length or longer. The shorts should be quick drying and lightweight.

**Two (2) pairs of Long Pants.** A lightweight, quick drying pair for hiking and one warmer pair (jeans, cords, or khakis) for evenings.

**One or two "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**

**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)

**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 when calling from private lines. Public phones in Costa Rica do not accept any international calling cards except for the locally available ICE card. A \$6 ICE card will last about 20 minutes when calling to the USA. This rate is comparable to any card available in the USA, when you consider that a "100 minute international" AT&T card will only read 8 minutes when dialing from Costa Rica. **For practicality, we advise that students should purchase ICE calling cards when they get to Costa Rica.**

**Cell phones are not advised except for travel days in the U.S.** Cell phones should not be used while in Costa Rica. Also, your leaders will not be responsible for the care or loss of your cell phone. Many students will bring a US calling card just for airport days if they are not traveling with a cell phone.



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the Global Works Home Office phone numbers—keep this in your wallet or carry-on bag during travel days.

### **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 co-participants and community friends. 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**

**Camera with case - (insure if valuable.)**  
**Buy your film in the U.S.**

**One bandanna** --for various uses

**One pair of work gloves (write your name or initials on them!)**

**Toiletries** in small sizes (These goodies can be replenished very easily in Costa Rica)

**Prescriptions & Vitamins** (keep in carry-on bag)

**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/Pencil** (We will provide a group journal)

**Combo Locks**--small locks you can put on storage bags (don't forget to keep a copy of your combination somewhere safe!)

**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/early June mailing).** This card lists

### **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.

4. The airline limits your bag to 50lbs., we recommend you aim for 35-40lbs.

### **RESOURCES FOR ADDITIONAL INFORMATION**

[www.lonelyplanet.com/destinations/central\\_america/costa\\_rica/](http://www.lonelyplanet.com/destinations/central_america/costa_rica/)

[www.ticotimes.net](http://www.ticotimes.net)

[www.amcostarica.com](http://www.amcostarica.com)

[www.infocostarica.com](http://www.infocostarica.com)

[www.cia.gov/cia/publications/factbook/geos/cs.html](http://www.cia.gov/cia/publications/factbook/geos/cs.html)

[www.costarica.com](http://www.costarica.com)

[www.cocori.co.cr](http://www.cocori.co.cr)