# 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.

<table>
<thead>
<tr>
<th>RECOMMENDED GEAR</th>
<th>CLOTHING - NOTE: YOU MUST BRING SOME DARK BLACK, BLUE, OR GREY CLOTHING WHICH IS ESSENTIAL FOR NIGHT PATROLS</th>
<th>TRAVEL ACCESSORIES (cont’d)</th>
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</table>
| **OFFICIAL PAPERS** | □ Airline tickets, itinerary and confirmation  
□ Passport  
□ Proof of emergency medical and evacuation insurance | □ Flashlight or headlamp with red light mode and spare batteries/bulb (Essential) |
| **LUGGAGE** | □ Suitcase, duffel or backpack.  
□ Small Daypack or fanny pack (approx. 2,000-2,500 cu. in.) to carry your lunch, and personal items and rain cover for pack  
□ Passport pouch and money belt  
□ Luggage tags and locks | □ Sunglasses and retainer strap |
| **OUTERWEAR** | □ Hooded rain jacket, lightweight, waterproof, and breathable – must be dark colored for night patrol | □ Sunblock and lip balm (essential) |
| **FOOTWEAR** | □ Hiking boots – ankle high recommended; Be prepared for them to get wet  
□ Sandals for shower and lodge wear  
□ Water shoes (full toe/ water protection) for free time | □ Insect repellent |
| **CLOTHING ACCESSORIES** | □ Sun hat  
□ Bandana  
□ Leather gloves for work  
□ Safety glasses | □ Toiletry kit with biodegradable soap and clothesline |
| **TRAVEL ACCESSORIES** | □ Two (2) one-quart water bottles or hydration system | □ Waterproof stuff sacks or sealed bags, any size for gear and clothing |
| **OPTIONAL FIELD GEAR** | □ Camera, and accessories  
□ Small binoculars – highly recommended  
□ Hiking stick or trekking poles  
□ Watch with alarm or travel clock  
□ Spare contact lenses or glasses  
□ Reading and writing materials  
□ Gardening type knee pads | □ Ear Plugs & Eye Mask for sleeping  
□ Personal wipes, hand sanitizer gel and face masks (Essential) |
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.

Plan on layering in the evening in San José and the highlands. 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, waterproof and breathable raingear. 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. Quick dry is best for hand washing.
- Please bring a layer to protect yourself from the sun. Consider a Rashguard or SPF protected long sleeved shirt.
- 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.