



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

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. We will overnight in San José and two nights 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. Pacuare Reserve is located right on the Caribbean coast and can be humid and hot but moderated by ocean breezes. Please come prepared with lightweight, waterproof, breathable raingear for all possibilities. In the evenings, along the beach areas, mosquitos may be present.

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.