

# Packing List for Costa Rica

Traveling light but intelligently is the always best way to travel in Costa Rica. You may have to carry your luggage up stairs or over cobblestone streets to your lodging. Xperitas recommends packing everything in a small to medium sized suitcase. Pack a small backpack, purse, or messenger bag in your suitcase or use it as your carry on.

## CARRY IN A MONEY BELT OR NECK POUCH

- ☐ Passport
- ☐ Small amount of cash in US dollars (\$50)
- ☐ Other currency if you have a layover in another country.
- ☐ Credit and debit card
- ☐ Travel itinerary with addresses of your hotels and your host family
- ☐ Copy of your insurance card

## BEST LEFT AT HOME

- ☐ Jewelry
- ☐ High-heeled or uncomfortable shoes
- ☐ Laptop, or other expensive technology
- ☐ Hair dryer/curler/straighteners

## FOR YOUR CARRY-ON

- ☐ Camera or smart phone and charger
- ☐ Travel size hand sanitizer
- ☐ Travel pack tissue/Kleenex
- ☐ Disinfecting wipes
- ☐ Face/cloth masks
- ☐ Spanish language dictionary/other things to study on the plane
- ☐ Essential medicines (prescriptions in original bottles and carry generic names of all prescriptions)
- ☐ Toothbrush and toothpaste
- ☐ Change of clothes
- ☐ Menstrual Products (as needed)
- ☐ Anything you would not want to do without in the rare event that your suitcase is delayed.
- ☐ Reusable water bottle
- ☐ Deodorant

# What Goes In Your Suitcase

Check with your airline for specific luggage guidelines and applicable fees. Most airlines allow one checked bag for international travel (no larger than 62" linear – sum of height, width and length) and weight ranges from 44-50 pounds. Fees vary by airline. In your carry-on, TSA currently only allows liquids or gels in 1 clear, quart-sized bag, with only 3oz bottles or smaller. Make sure you bring enough layers of clothing for different temperatures Roll clothes instead of folding – it saves space and helps with wrinkles. Pack electronics in your carry-on. Checked luggage gets tossed around, so don't pack anything fragile in there.

## CLOTHING & ACCESSORIES

- ☐ 4-5 changes of clothes that can be mixed and matched. Dress in layers to be prepared for extremes in weather. Costa Rica's nights can be cool, and rain every day is very common in the U.S. summer months (June-August) so articles that dry quickly are ideal. If it rains, we will continue our hikes and time outside.
- ☐ Nice jeans
- ☐ Formal outfit or two: dress pants, dress shirt/collared shirt, skirt/dress, blouse, etc. Rain jacket/poncho with a hood or umbrella
- ☐ Moisture wicking pants suitable for hiking Underwear and socks
- ☐ Pajamas
- ☐ Swimsuit and towel
- ☐ Sunglasses and hat (it's important to keep your head protected)
- ☐ 1-2 pairs of comfortable shoes to hike in (old tennis shoes are great)
- ☐ One pair of sandals (we recommend sandals with covered toes, such as Keens)
- ☐ One pair of flip flops
- ☐ Plastic bag for dirty clothes/shoes
- ☐ Small day pack/backpack for hikes or other activities (bring along a hat, sunglasses, sunscreen and water on excursions, the sun is very strong.)

## TOILETRIES & PERSONAL CARE

- ☐ Shampoo & conditioner (in small containers)
- ☐ Contact solution, contact case & extra contacts (and your glasses)
- ☐ Razor & shaving cream
- ☐ Hair products
- ☐ Lotion, soap
- ☐ Cosmetics
- ☐ Bug repellent and after-bite lotion
- ☐ High factor sunscreen and lip protector

## OTHER

- ☐ Binoculars (if desired)
- ☐ Gift for your host family
- ☐ Photos of your friends and family
- ☐ Photocopy of your passport
- ☐ Non-perishable snacks to stave off hunger while sightseeing (granola bars, dried fruit, nuts, crackers)