

Costa Rica (Cabo Blanco) Packing List

THINGS TO KNOW

Before you begin planning what to pack for the course, it is important to note that you will need to **dress conservatively**. It is better to be deliberately conservative in your appearance than to risk offending our hosts or anyone in the communities we visit.

Everyone has their preferred style of packing for travel, so please use this list as a helpful guide and be mindful of your own needs. Other than a few items, we do not recommend a certain number of items as this is left up to each family.

It is very important that you try to fit all of your belongings into one backpack/duffle and a daypack that you are comfortable carrying on your own. Your backpack/duffle cannot exceed 50 lbs. Here is a helpful article [on how to pack light](#).

DOCUMENTS & ESSENTIALS

- ☐ **Passport** Your passport needs to be valid for six months after the day of arrival and have at least two blank pages. Also, bring a copy of your passport.
- ☐ **Health Insurance Card** Copy of front and back
- ☐ **Prescription Medications** Carry medications in their original containers, clearly labeled, and make sure you have enough for the entire trip. Bring medications in your carry-on, so you will still have access to them if your luggage is delayed or lost. Consult with a travel doctor for recommendations and a prescription. Ask the physician about the possibility of obtaining prescription drugs commonly used by travelers such as Cipro and Z-packs.

GEAR

- ☐ **Backpack/Duffel Bag** 4- 5,000 cubic inches (65-80 liters). You can bring a suitcase if you would like to, but please make sure you can carry it if needed.
- ☐ **Day Pack** Small, light, nylon bag with shoulder straps. This is what you'll take with you as a carry-on and on excursions. It should be big enough to hold a water bottle, headlamp or flashlight, some food, a raincoat, and a book or journal.

FOOTWEAR

- ☐ **Sturdy Shoes** Solid, durable, closed-toed shoes that you don't mind getting dirty
- ☐ **Sneakers**
- ☐ **Sport Sandals/Watershoes** Waterproof sandals with straps
- ☐ **Flip Flops**- These are nice to have for shower shoes

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CLOTHING

- ☐ **Thin, light, waterproof/windproof jacket**
- ☐ **Hat(s)** Vital for sun protection.
- ☐ **Socks** Thin synthetic socks can dry more quickly.
- ☐ **Underwear** Cotton is fine, but synthetic quick-drying underwear is best.
- ☐ **Bras/Sports Bras**
- ☐ **T-Shirts** Quick-drying material is best. A couple *may get dirty*.
- ☐ **Light Long Sleeve Shirt/Sunshirt 3-4** for sun protection
- ☐ **Long Pants** A comfortable pair for walking at night for bug protection
- ☐ **Shorts** Lightweight & quick drying. Please be conservative when selecting shorts.
- ☐ **Swimsuits** Please be conservative when selecting a suit to bring.
- ☐ **Pajamas** Bring something comfortable but culturally appropriate to sleep in.
- ☐ **Towel** Preferably quick-dry, as cotton ones take a long time to dry.
- ☐ **Nice outfit** for teaching in school and community functions.

SNORKEL SPECIFIC ITEMS

- ☐ **Rashguard(s)** For sun protection while snorkeling
- ☐ **Face buffs/neck gaiters** sun & wind protection while on the boat
- ☐ **Face Sunscreen (SPF 50+)** A Zinc-based sunscreen that won't wash off is best
- ☐ **Snorkel Gear (DO NOT BRING FULL-FACE MASKS)**
- ☐ Short blade/travel size swim fins ([Example](#))
- ☐ Snorkel set: Mask+Snorkel ([Example](#))
- ☐ **Water Shoes** Mandatory for walking on sharp/slippery rocks. No flip flops!

PERSONAL ITEMS

- ☐ **Bug Net** We recommend this [pop-up net](#) or [this one](#) but the pop-up is more versatile.
- ☐ **Sunglasses** Consider bringing two pairs in case one pair breaks.
- ☐ **Toiletries** Everything you need for grooming and taking care of yourself (hairbrush, toothbrush, toothpaste, personal hygiene, etc.)
- ☐ **Journal/Notebook** You *must* bring something that you can write in.
- ☐ **Headlamp with Red LED light** Preferably rechargeable. Used for night turtle patrols. Bring a few extra batteries if not rechargeable.
- ☐ **Sunscreen** - SPF 30+ (water/sweat proof)
- ☐ **Alarm Clock/Watch** Small travel clock or a watch with an alarm.
- ☐ **Insect Repellent** It can be a good idea to have a couple of bottles.
- ☐ **Lip Balm** SPF 15 or higher.

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SPENDING MONEY

Although the costs of the course are covered in your tuition, it is still a good idea to bring some extra cash. You will need it for baggage fees, souvenirs, gifts, and snacks.

- ☐ **ATM CARD/CREDIT CARD** You can bring one, but keep in mind that some small shops don't accept credit cards.
- ☐ **CASH:** Please do not bring more than \$150 in cash. Most places are CASH ONLY. Small bills (\$1, \$5, \$10) are best.

OPTIONAL

- ☐ **Good Books /Card Games/Travel Games**
- ☐ **Hand Sanitizing Gel**
- ☐ **Ziplock Bags** Having a few small and large sizes can be handy to keep things dry.
- ☐ **Spanish-English Dictionary** Useful to assist in communication.
- ☐ **Energy Bars** Recommended for picky eaters or those accustomed to especially high-calorie diets. These will not be used to replace meals, however.
- ☐ **Emergen-C** Water-soluble vitamin and electrolyte packets that dissolve into water. These are great for combating dehydration
- ☐ **Over the Counter Medications** SStS field staff carry an extensive medical kit. Most students bring a supply of whatever they use at home along with some cough drops, Pepto-Bismol tablets, and whatever they need for motion sickness, headaches, or menstrual cramps.
- ☐ **Gold Bond/Medicated Powder** Helps avoid/treat heat rash in humid environments
- ☐ **Dramamine** Bring some Dramamine if you tend to get motion sickness.
- ☐ **Wet Wipes** Some students like to have a small pack of these for personal cleaning.
- ☐ **Camera** We may not always have access to electricity, so you may want to pack an extra battery. For people using digital cameras, bring a few memory cards.
- ☐ **Luggage Padlock** A way to lock/secure your bags.
- ☐ **Donations** If you would like to bring some school supplies (markers, colored pencils, pencils, children's books, etc.), the teachers at the local schools will put them to good use. As well, soccer balls and other sporting equipment would be great.