

Costa Rica Packing List

Clothing

- Shirts
- Work or field Pants/Jeans (no leggings)
- One set of nicer casual dress clothes (i.e. for males: polo and khakis, for females: long skirt or nice jeans and nice shirt)
- Sweatshirt
- Rain jacket (good quality!)
- WARM sleepwear for Vara Blanca (nights are cold!)
- Hat
- Socks
- Undergarments
- Modest bathing suit (no bikinis, must be a full coverage bathing suit)
- Good walking or hiking shoes (tennis shoes that can get dirty are recommended)
- House slippers (it is cultural to always wear shoes in the house)
- Good walking sandals (like Chacos or Tevas, no flip flops)

Toiletries

- Shampoo
- Soap
- Deodorant
- Toothbrush/Toothpaste
- Sunscreen
- Insect Repellant (anything over 70% DEET is NOT necessary and is bad for your skin, the environment, and your gear!)
- Personal Medications
- Other personal needs

Other Essentials

- Sleeping bag
- Fitted Sheet
- Pillowcase
- Quick dry towels (for bath and beach)
- Laptop computer (required!)
- Camera
- Passport and color copy of passport
- Daypack or bookbag for day trips
- Bible
- Sunglasses
- Water bottle

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- Flashlight/headlamp with extra batteries
- Cell phone with alarm clock or small alarm clock
- Small notebook for field notes
- Larger notebook for lecture notes
- Pen/Pencils
- Money or debit/credit card for incidentals, additional books, souvenirs, coffee or baked goods, etc. ATMs are widely available.

Other Options and/or Suggestions

- Binoculars
- Small acoustic guitars, small hand drums, etc.
- Travel friendly games for evenings
- Spanish/English Dictionary

Helpful Information for packing and planning

- **Pack light, hand-washable clothes that dry easily and layers for chilly nights!**
Clothes that are easy to hand wash and dry well outdoors during all-too-brief periods of sunshine work best. Plan for limited access to washers & driers. Quick dry clothes work best, or clothes that are not 100% cotton. Also, you will be doing farm work and will be on farms. Bring clothing that you can get dirty and work in, but do not bring raggedy clothing as we want to look presentable.
- **ADE requests no shorts, tank tops, or flip flops in Vara Blanca.** Knee length hiking shorts are fine in the humid lowlands, but short gym shorts will mark you as a tourist, so please leave those at home.
- Costa Rica has plenty of stores for any incidentals, including a general store in Vara Blanca.
- ADE has rubber boots of many sizes for when we're doing farm work
- Electricity is the same as in the U.S. & Canada, 120 V, and available everywhere we will go for laptop & phone recharging, blow-dryers, etc.