

An aerial photograph of a river with rapids. Two yellow rafts are visible, each with several people wearing helmets and life jackets. The river is surrounded by dense green forest and large rocks.

Beyond the Map

PACKING FOR COSTA RICA

➤ Guide 101



PACKING LIST

PACK LESS, ENJOY MORE



IMPORTANT NOTES

By packing for your trek according to this list, you will keep the weight of your gear manageable. We advise you to avoid packing anything not on this list – trust us – you won't need it, and your back will thank you! This trip involves moving around from place to place. Excess items often leads to more time spent packing and unpacking. If you are not sure what any of the gear items are, please ask us or your nearest outdoor retailer. For the sake of your own comfort and safety, we want you to be as prepared as possible for your trip!

ESSENTIAL TRAVEL DOCUMENTS

- ☐ **Passport with at least 6 months validity from date of arrival**
 - Store passport in a waterproof or ziplock bag
 - A printed or electronic copy is advised
- ☐ **Spending money**
 - US\$ cash and/or Costa Rican colones (we advise exchanging money in the US)
 - Most travelers bring \$100-\$200 USD depending on spending habits

GEAR RENTAL

Items marked with an asterisk (*) are available for rent from us. If you would like to rent any of these items, please request them at least two weeks in advance. Available until supplies lasts.

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GEAR LIST: ESSENTIAL ITEMS

- ☐ ***Backpack** (a larger backpack will provide more space for items during overnight treks)
- ☐ ***Waterproof bag cover or garbage bag** (to keep your bag dry during rain)
- ☐ **Waterproof raincoat or poncho** (especially during rainy season)
- ☐ **Hiking boots/athletic shoes** (Please have shoes with tread for muddy areas. If buying new, please wear them ahead of time to break them in and assess the comfort)
- ☐ **Hiking socks** (2 sets of long, non-cotton socks)
- ☐ **Athletic clothes** (1 or 2 sets. Non-cotton shirts, lightweight shorts/pants)
- ☐ ***Light fleece** (useful in the evenings when it cools down)
- ☐ ***Water bladder/water bottle** (1-2 litres capacity is good- no single use water-bottles)
- ☐ ***Headlamp/flashlight & spare batteries**
- ☐ **Ball cap** (for sun)
- ☐ **Sunglasses** (we also use **croakies** with our glasses for convenience)
- ☐ **Bathing suit** (suits made for activities are useful- ie. one piece instead of two piece)
- ☐ **Travel towel** (or small packable towel)
- ☐ **Sunscreen & insect repellent**
- ☐ **Personal toiletries** (toothbrush/paste, soap, hand sanitizer, anti-chafing cream, etc)
- ☐ **Dry bags/Plastic bags** (handy for keeping dirty/wet clothes separate)
- ☐ **Soft duffel bag** (to pack your items in- please do not bring a wheeled suitcase)
- ☐ **Evening/sleeping clothes** (1 set of warm clothes to change in to at camp)
- ☐ **Relaxed footwear** (crocs, sandals, tevas- something to wear around at night)
- ☐ **Water Shoes** (secure shoes with good tread that can get wet)

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GEAR LIST: OPTIONAL ITEMS

- ☐ **Energy snacks & drinks** (some snacks will be provided, but we recommend bringing any energy supplements. We recommend Nuun for your water and Cliff/Stinger energy gel packets)
- ☐ **Trekking poles** (1 or 2 trekking poles makes a HUGE difference to save your knees and energy)
- ☐ **iPod/mp3 Player** (we recommend enjoying the sights and sounds without electronics but it is also nice to listen to music or a podcast during long stretches of driving)
- ☐ **Ear plugs** (useful for light sleepers)
- ☐ **Mileage/mapping App** (we recommend Relive)
- ☐ **Bandana/Buff** (all around purpose to have)
- ☐ **Carabiner** (1 or 2 for strapping items to backpack)
- ☐ **Camera, memory cards, and batteries or charger** (most places do not have electricity)
- ☐ **Personal first aid** (we carry one as well but if you require or prefer certain items we recommend packing a personal one as well)
- ☐ **Journal/Book** (for evenings or longer car rides)
- ☐ **Travel Hammock** (certainly not necessary but often nice to have)

NOTES FOR YOURSELF: