

Packing List

- Passport

CLOTHING

- Shorts
- Pants (hiking, quick dry and breathable)
- 2 swim suits
- T-shirts (quick dry and cotton)
- 1-2 Long sleeve shirts
- 1 sweater or sweatshirt
- Light breathable raincoat
- 1 Hat for sun
- Socks long and short

FOOTWEAR

- Comfortable hiking shoes OR rubber boots to get muddy
- Flip-Flops or sandals
- Extra pair of tennis shoes to keep dry
- Teva's or Reef shoes for rafting required

OTHER IMPORTANT ITEMS

- 1 beach towel (hotels have bath towels)
- 1 quick dry towel
- Sunglasses
- Sun block (15spf or above)
- Insect repellent!
- Camera and film
- 1 small flashlight or headlamp
- Large zip-locks or garbage bags (to keep clothes dry or to store wet items)
- Toiletries
- Prescription medications AND small First Aid kit.
- Personal water bottle (Nalgene)
- Small backpack (for day hikes)
- CD's or iPod for bus rides

OPTIONAL ITEMS

- Journal
- Swiss army knife
- Binoculars
- Rash guard, synthetic shirt (for rafting and Sun protection while swimming)
- Rain pants
- Pillow

HOW TO DRESS – Costa Rica is 8 to 11 degrees N. of the equator so it is usually quite warm. Shorts and T-shirts are the norm for each day. When we enter the forest it is good to wear light weight hiking pants for protection against insects and scrapes. When we travel to higher altitudes like Monteverde, Turrialba, and San Jose where it is progressively cooler, warmer dress usually applies.

YOUR FEET! – Socks that are moisture wicking or made of wool are your friends and you can never have enough pairs of socks to keep you feet dry. Socks are also great at night to keep mosquitoes away.

Costa Rica is humid and wet at times, it is the rainforest. So clothes tend to get muddy and dirty. Do not bring anything you would not mind getting dirty.

HOW TO PACK – Packing is an art. Do not pack more than you can easily carry on your own. Each person will be responsible for carrying his/her bags from the bus to the room when we arrive at the lodges. Do not forget to leave room for souvenirs.

It is wise to pack your clothes in large zip-lock bags within your suitcases or duffels to insure that your things stay dry. You can also use the same bags to put your dirty things in. Clothes inevitably get damp so plastic bags will be your friend.

Pack all medications and vitamins in a waterproof container or 2 zip-lock bags to keep dosage labels legible. You will also want to have your travel documents a dry place to live during your adventure.

If you have any questions please call or email us [1.415.377.9731 / brian@infiniteforest.com]