



# Packing Suggestions

(Based on list prepared by Ann Ray, Xavier University)

## Field clothing:

- Light-weight long pants for hiking, 2-3 pairs (light-weight dries quicker)
- Light button up long-sleeved shirt (helps to wear over shirt when buggy)
- Knee-high or thigh-high rubber boots (NOT recommended are boots with ANY exposed cloth or neoprene or with insulation on the inside of the boot since these types of boots don't dry well. Make sure boots fit well with thicker hiking socks so as not to get blisters.)
- Medium weight merino wool blend hiking socks (Be careful of thin socks which may lead to blisters.)
- Waterproof rain jacket with a substantial hood, or a durable poncho, or a small umbrella (If you are uncomfortable when you get wet, bring rain pants.)

## Indoor clothing:

- One pair rubber flip flops (not cloth or leather)
- One pair of water shoes or Keen/Teva type sandals with an ankle strap (which can double as water shoes)
- Closed toe, slip-on shoes for walking around town or the buildings, etc.
- Shirts (ones that keep you cool when it gets warm)
- Shirt with long sleeves (at least one if it should be cold and wet)
- Long sleeved warm layer (lightweight fleece or similar if it should be cold and wet and good for the plane, too)
- "Nice" non-field outfit (for trips out of reserve)
- Pajamas and/ or lounging clothes
- Bathing suit
- Camp towel or a super cheap, (very thin towel to dry quickly for swimming)

### **Other necessities:**

- Personal toiletries
- All the medicines you normally take (packed in a waterproof container/ziplock bag)
- Band-aids, antibiotic ointment, moleskin/2nd skin (for blisters)
- Earplugs (Light sleepers find it useful for sleeping in shared rooms with thin walls.)
- Hair restraints (pins, elastics; several more than you think you will need)
- A water bottle
- LED headlamp and at least one set of batteries per week of the trip (high quality alkaline or lithium batteries)
- A separate, small flashlight and batteries
- If using insect repellent, please make sure it is non-aerosol bug spray
- Sunscreen
- Binoculars
- Small magnifier or hand lens (if you are interested in looking at insects or plants)
- A day pack/backpack)
- Personal snacks—If you have medical conditions or metabolism that require frequent snacks, please make sure you pack enough of a supply to meet your needs. Snacks available in Costa Rica are not necessarily what you are accustomed to eating.

### **Entertainment Extras:**

- A device that takes photos and corresponding charger
- A notebook/journal and writing utensils
- Packable games (Favorite game to play after dinner.)
- A music playing device with music and podcasts and corresponding charger
- Tablet with books and games
- Mini sewing kit and safety pins
- Mask and snorkel (There are plenty of swimming opportunities at the reserve and lots of interesting fish to see.)

### **Packing tips:**

Pack into plastic ziplock bags. (Nice way to keep things dry.)

Pack potentially leaky toiletries in a separate ziplock bag.

**Advice:**

Because the reserve is in a relatively remote location and trips to town are not frequent, it is good to make sure you have everything you will need and do not rely on purchasing your supplies once in Costa Rica.

**NOTE: Towels, sheets, and bed nets are provided.**