

COSTA RICA PACKING LIST

Read these guidelines carefully and refer back to them frequently. They are based on forty years of experience with thousands of student programs of all sizes and destinations. This information was gathered to assist you in packing efficiently and effectively.

PLEASE TRY TO PACK LIGHT- YOU WILL BE RESPONSIBLE FOR CARRYING YOUR OWN LUGGAGE!!!

Packing Checklist (*Put student's full name on all personal items.*)

- **Passport** (*packed in carry-on bag*)
- **Two color photocopies of passport** (*Given to Mr. Oschman prior to Trip*)
- **\$50 for checked bag** (\$25 each way. **For students traveling without parents, please send two separate, labeled envelopes with \$25 cash in each, packed in carry-on bag**)
- **(For students traveling without parents) \$10 cash in a labeled envelope for lunch at airport on the way home**
- Rain jacket/poncho
- One shirt per day – some long sleeved for night activity mosquito protection
- One pair of socks per day (plus 1-2 extra pairs)
- One-Two pairs of lightweight pants for hiking (jeans strongly **NOT** recommended)
- Two-Three pairs of Shorts (for activities not in rainforest)
- Lightweight sweater/jacket for layering
- Two pairs of walking/hiking shoes (at least one pair will get wet; sandals/ flip flops not permitted for daytime activities)
- Several large/medium Zip-loc bags for damp/wet clothes (they get stinky in your bag!)
- Sandals/flip flops for down time
- Water shoes
- Hat (for sun protection, a clip is helpful to prevent it being blown off when on a boat)
- Swimsuit (1 or 2)
- Sleepwear
- Watch (Water-proof)
- Toiletries (toothbrush, toothpaste, comb/brush, etc.)
- Towel (light weight- not a beach towel, beach towels will not dry)
- Sunblock (We will be near the equator- sun is **STRONG!**)
- Sunglasses with strap
- Small backpack or daypack (**PROVIDED-** for students, this will be your carry-on)
- Flashlight
- Insect repellent
- Plastic water bottle that fits in pack
- Camera, memory card, and batteries/battery charger
- Spending money (about \$75-\$100; you can use U.S. dollars almost everywhere in Costa Rica)

Optional Items

- Dramamine/Bonine (if prone to motion sickness; look for 'less-drowsy' formula)
- Travel alarm clock

Packing Tips

DON'T OVER PACK! A common mistake is to take too many clothes, unnecessary toiletries, etc.

Each student must be able to carry his or her own luggage. We strongly recommend bringing only one (1) suitcase and one (1) backpack as a carry-on. Use large Ziploc bags to hold shampoos and other toiletries that could leak. Extra Ziplocs should be packed as well; these will be handy for wet bathing suits and other wet or dirty clothes.

Airline Bag Restrictions

Airlines restrict travelers to a maximum of three total bags, including equipment. One carry-on is allowed, as long as it fits under the seat or in the overhead bin. Specifically, it must not exceed 22" x 14" x 9" or 40 pounds. For checked baggage, there is a 50-pound limit per item. Additional fees apply to oversized/overweight cargo. EF accepts no responsibility for additional fees and discourages you from traveling with these items.

Name Badges and Luggage Tags

Thirty days prior to travel, EF will provide one luggage tag per traveler. After being filled out, these tags may be collected by your Program Leader until final roll-call prior to departure. Additionally, many travelers find it helpful to attach a unique ribbon or tag to baggage, to avoid confusion between bags of similar appearance.

Travel Documentation

Every participant must have the required documentation necessary to participate in the trip prior to the date of departure. The participant is solely responsible for obtaining a passport in order to travel. If a participant is unable to travel due to the lack of a passport, the standard cancellation policy will apply. Passports must be valid for at least six months after the end of your tour. **It is the responsibility of the participant to check the requirements for travel between the United States and Costa Rica. Non-U.S. citizens must contact the embassy or consulate of their destination countries for specific entry requirements.**

Visit the U.S. Department of State at www.travel.state.gov for information.