**PACKING LIST**

* White shirt for ENVS4810A & ENVS4215 (Boruca trip)

**GENERAL GUIDELINES**

1. Travel Light: One large backpack or duffle bag per person plus one day pack. (Do not pack more than you can carry by yourself!)
2. Pack items that are easy to wash and dry quickly (e.g. No heavy jeans; bring synthetics).
3. Pool items with friends whenever possible.
4. **ITEMS TO TAKE FOR COURSE:**
   1. Two gifts for home stay families ($5-10 each)
   2. Maple leaf pins (local MP)
   3. Notebook and journal
   4. Any materials for your presentation (papers/research)
   5. Pens, pencils, art supplies you love
   6. Spanish-English dictionary (can be shared)
   7. Costa Rica Manual for Researchers (abridged version, can be shared)
   8. Money belt (optional)
5. **CLOTHING and PERSONAL ITEMS:**
   1. Light cotton trousers, shirts, blouses, t-shirts (both long and short sleeve)
   2. Walking shorts –(not too short)
   3. Hiking shoes/boots
   4. Sneakers
   5. Water shoes
   6. Sandals
   7. Rain jacket (with hood)
   8. Hooded sweatshirt
   9. Hat (for sun)
   10. Sunglasses
   11. Bathing suit
   12. Towel (quick dry towel)
   13. Water bottle
   14. Wristwatch
   15. Toiletries (some items can be pooled)
   16. Soap bar
   17. Shampoo/Conditioner
   18. Washcloth
   19. Toothbrush/toothpaste
   20. Tissues/Wet wipes
   21. Sunscreen (30 spf)
   22. Aloe Vera or Solarcain
   23. Laundry detergent (although soap bar works too)
6. **OTHER ITEMS:**
   1. Umbrella (but cannot be on carry-on luggage)
   2. Cell phones, tablets and laptops???
   3. Camera and film card
   4. Flashlight and/or headlamp
   5. Spare batteries (for camera, flashlight, headlamp), these can usually be shared and most batteries are readily available except camera batteries
   6. Binoculars
   7. Bug repellent
   8. Travel alarm clock
   9. Ziplock bags
   10. Snacks for plane
   11. Leatherman or Swiss Army Knife (must be in checked baggage)
   12. Waterless soap and hand sanitizer

**IMPORTANT!**

**Any important medications that you need!**

* + Imodium (or whatever is recommended by for family doctor)
  + Gravol and Tylenol
  + Polysporin
  + Plasters (Band Aids)
  + Compede for blisters

**Passport!**

* + Photocopy/scan of passport
  + US dollars (aprox. US$100 in 5s, 10s, and 20s; more if do not plan to use ATM)
  + Remember! You MAY need US$29 to pay departure tax in Costa Rica

**Bank card and/or Credit card!**

* + Photocopy/scan of your flight information, health insurance, emergency contact information and bank cards and credit cards