**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