

COSTA RICA: ULTIMATE CLOTHING & EQUIPMENT LIST

NOTE: *The t-shirts, shorts and footwear you wear during some of the service projects can get extremely dirty, wet and muddy. You may want to bring clothes and shoes you wouldn't mind donating at the end of the program. River sandals or other sturdy waterproof shoes are a nice option for footwear as it will be wet! Out of respect for the local culture, please keep in mind that shorts should fall to the knee, and undergarments should never be seen.*

CLOTHING

- 1 PAIR LIGHTWEIGHT NYLON PANTS – should be dark in color (for night-time turtle patrols & bug protection)*
- 4 PAIRS OF SHORTS – at least 2 should be SYNTHETIC/QUICK-DRY SHORTS or BOARD SHORTS*
- 9 T-SHIRTS OR TANK TOPS – at least 3 should be SYNTHETIC/QUICK-DRY SHIRTS*
- 2 LONG-SLEEVED SHIRTS – at least 1 should be lightweight and dark in color (for night-time turtle patrols & bug protection)
- 7-10 PAIRS UNDERWEAR
- 1 FLEECE JACKET/SWEATSHIRT (for the mountains)*
- 1 PAIR FLEECE PANTS/SWEATPANTS (for the mountains)*
- 1 LIGHTWEIGHT RAIN JACKET*
- 2 BATHING SUITS
- RASH GUARD (long sleeve for protection while surfing)*
- 1 SET OF CASUAL DRESS CLOTHES (for the final feast celebration – a sundress or nice pants and shirt)
- 1 PAIR OF PAJAMAS (or preferred sleepwear)

FOOTWEAR

- 1 PAIR CHACOS, TEVAS OR RIVER SANDALS WITH HEEL STRAP (required for rafting; NOT Crocs)*
- 1 PAIR TRAIL RUNNING SHOES, SNEAKERS or LOW HIKING SHOES (for day hikes, service projects and wet/muddy conditions)*
- 5-6 PAIRS OF SOCKS – at least 3 should be knee-high to wear with rain boots

BEDDING

- LIGHTWEIGHT SLEEPING BAG (+35/40 degrees)* OR SLEEPING BAG LINER*
- COMPRESSION SACK FOR SLEEPING BAG*
- SLEEPING PAD*

LUGGAGE

- TRAVEL BACKPACK or LARGE DUFFEL BAG (4,500—5,000 cubic inches)*
- DAYPACK (only necessary if you are **NOT** bringing a travel backpack with attached daypack)*
- SMALL DUFFEL BAG – pack empty inside your backpack (used to store extra clothing/gear during certain activities)*

ACCESSORIES

- 1 SMALL LIGHTWEIGHT BEACH TOWEL
- 1 LARGE QUICK-DRY TRAVEL TOWEL*
- SUNGLASSES PLUS CROAKIES*
- SUNSCREEN
- VISOR/BASEBALL CAP
- CUP, BOWL, SPOON, FORK (plastic)*
- HEADLAMP AND 1 EXTRA SET OF BATTERIES*
- 2 WATER BOTTLES (each one liter, Nalgene or Camelbak)*
- INSECT REPELLENT WITH 20-35% DEET (minimum three 6 oz. bottles)*
- TOILETRIES (shampoo, conditioner, antibiotic soap, toothpaste, etc. in small bottles)
- PERSONAL MEDICAL KIT (see **Clothing & Equipment Glossary** for recommendations)*
- WORK GLOVES (for service projects)
- 10 LARGE ZIPLOCKS & 5 MEDIUM TRASH BAGS (for storing damp clothes)
- WATCH w/ ALARM (cell phones and other wifi devices will be collected and not available to use as an alarm)*
- 5 PENS IN A ZIPLOCK BAG
- SPENDING MONEY (please see **Program Information Handbook** for details)
- MOSQUITO HAT/NETTING*
- MOLESKIN*

FORMS AND DOCUMENTS

- PASSPORT AND PHOTOCOPY OF PASSPORT*
- AIRPORT MEETING INFORMATION FORM

OPTIONAL

- JOURNAL/NOTEBOOK
- 1 PAIR FLIP FLOPS OR CROCS
- BANDANA
- PLAYING CARDS
- SMALL TRAVEL PILLOW*
- PACK COVER*
- 1 PAIR OF RAIN BOOTS/GALOSHES*
- CAMERA, MEMORY CARD & CHARGER (OR EXTRA BATTERIES)*
- DONATIONS FOR SCHOOLS (school supplies, children's books, art supplies, etc.)*

***Please reference the Clothing & Equipment Glossary for more information on these items.**

COSTA RICA: ULTIMATE CLOTHING & EQUIPMENT GLOSSARY

Clothing packed for your ARCC program will keep you comfortable throughout the varied weather conditions we encounter. We emphasize using a layering system while living in the outdoors. Layering well and attending to small changes in temperature and exertion will result in much more comfort than you ever thought possible. You can add or subtract clothing to control a comfortable body temperature for yourself. The synthetic materials suggested are chosen for their insulation (even while wet), their warmth and their light traveling weight. Keep in mind, once cotton is wet it will not keep you warm or act as an insulator against the cold.

NOTE: This glossary is a supplement to your Clothing & Equipment List. Please see your Clothing & Equipment List for a full list of necessary items.

CLOTHING

LIGHTWEIGHT NYLON PANTS: To be worn for protection from bugs, sun and wind. Should be loose fitting.

SYNTHETIC/QUICK-DRY SHORTS: These shorts are 100% synthetic and dry much more quickly than cotton. An example of these are athletic or swimming shorts.

SYNTHETIC/QUICK-DRY SHIRTS: These shirts are 100% synthetic and are able to keep you warm when they are wet. They also dry much more quickly than cotton. An example of these are athletic shirts or workout tops.

FLEECE JACKET: This is recommended for extra warmth at night and for chillier parts of the program.

FLEECE PANTS: This is recommended for extra warmth at night and for chillier parts of the program.

LIGHTWEIGHT RAIN JACKET: Either strong coated nylon or Gore-Tex jacket works best. We recommend raincoats with a built-in hood. Thin nylon ponchos are not acceptable as they tear easily.

RASH GUARD: This is a long-sleeve shirt used while surfing to protect the body from getting a rash or irritation from the board while paddling. They also serve as great protectors from the sun and can be used while rafting or on the beach. Generally they are made of a synthetic material and can be found at any surf shop. You may also find them at some outdoor stores like REI.

FOOTWEAR

CHACOS, TEVAS OR RIVER SANDALS WITH HEEL STRAP: Chacos, Tevas, or river sandals (like Keens) are great for any water activity. Be sure that the sandals have a heel strap so they don't fall off your feet when swimming.

TRAIL RUNNING SHOES, SNEAKERS or LOW HIKING SHOES: These will be your primary walking shoes. Trail shoes are typically lighter weight than hiking boots and are not as bulky. You should find a shoe that gives you a lot of support and one that has a good rugged sole. The more traction the easier it will be to walk on varied terrain. As with hiking boots, when trying low hiking shoes on, be sure to wear the same socks you are bringing on the trip and walk around the store for 20 to 30 minutes to make sure that the shoes are comfortable and a good fit – it is worth the extra time! Sneakers should have a good tread for muddy and slippery conditions. Please keep in mind that these shoes will get wet and muddy during our service time in the rainforest.

BEDDING

LIGHTWEIGHT SLEEPING BAG: Your sleeping bag should be comfortable for mild temperatures as low as to 35° or 40° F, lightweight, compressible and filled with synthetic fabric. Down bags are not recommended for a wet climate like Costa Rica. Down provides no warmth if wet and will take much longer to dry.

SLEEPING BAG LINER: The sleeping bag liner or bed sheet is used for comfortable sleeping on hot nights in warm locations. A sleeping bag liner is simple, light, inexpensive and easy to pack. Alternatively, you may choose to purchase a “sleep sack” which is a sheet sewn together on three sides like a sleeping bag.

COMPRESSION SACK FOR SLEEPING BAG: A small nylon sack used to compress your sleeping bag to a smaller size making it easy to fit in a backpack (usually comes with a sleeping bag when purchased).

SLEEPING PAD: The sleeping pad is used for comfort when camping. Pads come in several styles. The ones we recommend are: 1) self-inflating brands, such as Thermarest®, which tend to be more comfortable, but more expensive and heavier to carry and 2) closed-cell foam types, such as Ridgerest®, which are much lighter and significantly cheaper. Both styles are

appropriate for your ARCC program.

LUGGAGE

TRAVEL BACKPACK: A travel backpack is typically a bit smaller than a backpacking pack and usually includes several features, which make it ideal for international travel. The most notable difference between a backpacking pack and a travel backpack is the fact that the shoulder and waist straps stow-away for checking on an airplane. Most travel packs feature a removable daypack, eliminating the need to purchase a separate daypack. Other features often include a one-zipper entry system, making it easier to access all of your belongings, organization pockets, a rain cover, as well as side and top handles to carry as hand luggage. You should try to find a travel pack that is at least **4500 cubic inches**. It is recommended to be store-fit/sized to fit appropriately.

OR

LARGE DUFFEL: Your duffel should be large with ample room to carry clothing, gear, and any other items you may be bringing. This bag should be at least **4500 cubic inches in size**. If you choose a duffel as your main piece of luggage, make sure you are able to comfortably carry it for short distances.

DAYPACK: Your daypack can be your school book bag or something similar. We use these for day hikes or on travel days when a large backpack is unnecessary or inaccessible. If you purchase a Travel Backpack with a removable daypack, you do not need to purchase or bring a separate daypack.

SMALL DUFFEL BAG: This duffel is used to store items that you will not use during specific sections of your program. Please bring a small nylon duffel which can be folded and packed into your backpack when you travel to your program. The duffel should be big enough to hold two large watermelons. This duffel **MUST** be packed **EMPTY** *inside* of your main piece of luggage, and should **not** be checked as a separate piece of luggage for your flight.

ACCESSORIES

QUICK-DRY TRAVEL TOWEL: A large quick-drying towel to be used for showers taken in between activities. There are several brands, such as Travel Towel®, and they are inexpensive and a nice alternative to cotton.

SUNGLASSES PLUS CROAKIES: We strongly suggest that you do not bring expensive designer sunglasses on this program as they can be easily lost or damaged. Croakies are devices attached to the sunglass stem to keep the glasses from falling off your head.

CUP, BOWL, SPOON, FORK (plastic): These items will be used for eating and drinking while on your program. The spoon and fork should be of heavy duty plastic, which can be found in the camping section of sports stores. A "Tupperware"-style bowl works well. An insulated cup or mug works well for hot chocolate, tea, and soup.

HEADLAMP: Headlamps are flashlights with a headband so that the user can have both hands free to cook or do camp chores. **THIS IS A VERY ESSENTIAL ITEM!**

CAMELBAK/NALGENE WATER BOTTLES: Hydration is the key to a healthy adventure. A Camelbak is an alternative to a water bottle; it is a water pouch that slides into the back of your backpack and can often hold more water than one liter of water. Nalgene bottles are one-liter bottles made of durable plastic that are easy to clean and refill.

INSECT REPELLENT: ARCC strongly recommends using insect repellent with a 20-35% concentration of DEET, as studies have found this to be most effective in combating insects.

PERSONAL MEDICAL KIT: All ARCC leaders carry a full first aid kit, however please consider bringing a personal medical kit with a few items you might need as you adjust to the new environment. For this program, ARCC recommends the following items:

- Pepto Bismol
- Probiotic (eg. acidophilus)
- Imodium
- Electrolyte packets (eg. Emergen-C)
- Small bottle of hand sanitizer (particularly important for students who use eye contacts)
- Motion Sickness Medication (for bus rides and bumpy roads)
- Antibiotic (eg. Ciprofloxacin)
- Itch Relief

With the exception of the antibiotic, all of these items are available over-the-counter. However, please discuss the use of any and all medications with your physician.

WATCH w/ ALARM: A watch is essential for any type of travel. Yours should have an alarm for days when we have an early morning. We recommend waterproof or water-resistant watches. Remember that your cell phone and other wifi-devices will be collected and not available to use as an alarm.

MOSQUITO HAT OR MOSQUITO NETTING: Mosquito netting is a mesh used to cover the head and neck for protection from insect bites.

MOLESKIN: Moleskin is a soft cotton flannel padding that protects feet from painful boot friction. It can be found in the foot products section of most drug stores and sporting good stores. One package should be sufficient.

FORMS AND DOCUMENTS

PASSPORT AND PHOTOCOPY OF PASSPORT: A valid passport is required for travel to Costa Rica. Please double-check that your passport is valid for at least 3 months after the start date of your program. Your leaders will hold on to your passports for safekeeping during the program, but you should carry a copy of your passport in your luggage.

OPTIONAL

TRAVEL PILLOW: This is a SMALL compressible travel pillow which can be found in camping stores or REI, **NOT** a bed pillow!

PACK COVER: A pack cover is used to go on the outside of the pack to protect the contents of your backpack from getting wet when it is raining. It must be waterproof. This is not to be used in place of a plastic bag for airplane travel.

RAIN BOOTS/GALOSHES: Rain boots such as Galoshes or Wellies are high rubber shoes designed to keep out water. These are used during our service time in the rainforest, when wet and muddy conditions are most prevalent. We recommend wearing knee-high socks under your rubber boots to keep your legs more comfortable.

CAMERA, MEMORY CARD & CHARGER: We encourage you to bring a camera as there will be many great opportunities for pictures. Small digital cameras are a nice combination of size and weight. Be sure to bring at least one memory card, your charger and/or extra batteries. The waterproof/disposable cameras are also a great choice for this program. ARCC does not reimburse the cost of lost, damaged, or stolen property. Remember that your cell phone and other wifi devices will be collected and not available to use as a camera.

DONATIONS FOR SCHOOLS: During our community service sections we'll be visiting communities with schools that are sorely in need of school supplies. Appropriate donations are things like pens, pencils, paper, art supplies, etc. This is completely optional.