

# 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. Please contact our office with gear related questions.*

## **CLOTHING**

- 2 PAIRS LIGHTWEIGHT NYLON PANTS or QUICK-DRY PANTS— should be dark in color (for night-time turtle patrols & bug protection)\*
- 5 PAIRS OF SHORTS – at least 3 should be SYNTHETIC/QUICK-DRY SHORTS or BOARD SHORTS\*
- 10 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)
- 10 PAIRS UNDERWEAR
- 1 FLEECE JACKET/SWEATSHIRT (for the mountains)\*
- 1 PAIR FLEECE PANTS/SWEATPANTS or YOGA PANTS (for the mountains)\*
- 1 LIGHTWEIGHT RAIN JACKET\*
- 2 BATHING SUITS
- RASH GUARD (long sleeve for protection while surfing / very important for preventing chafing)\*
- 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)\*
- 8 PAIRS OF SOCKS

## **BEDDING**

- LIGHTWEIGHT SLEEPING BAG (+35/40 degrees)\*
- COMPRESSION SACK FOR SLEEPING BAG\*

## **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)\*

## **ACCESSORIES**

- 1 LARGE QUICK-DRY TRAVEL TOWEL\*
- SUNGLASSES PLUS CROAKIES\*
- SUNSCREEN
- BASEBALL CAP or SUN HAT
- 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. non-aerosol 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- you will be very happy you have these!)
- WATCH w/ ALARM (cell phones and other wifi devices will be collected and not available to use as an alarm)\*
- SPENDING MONEY (\$75 a week recommended)
- MOSQUITO NETTING THAT COVERS SLEEPING AREA\*
- TRAVEL SIZE BIODEGRADABLE LAUNDRY DETERGENT\* (Dr. Bronners or similar)

## **FORMS AND DOCUMENTS**

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

## **OPTIONAL**

- JOURNAL/NOTEBOOK/PENS
- 1 PAIR FLIP FLOPS
- SMALL TRAVEL PILLOW\*
- BANDANA
- PLAYING CARDS
- PACK COVER\*
- 1 PAIR OF CLEAN SHOES (for final feast)
- 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 or QUICK-DRY 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. Although Costa Rica is a tropical climate, you will definitely feel cold in the mountains!

**FLEECE PANTS, SWEATPANTS or YOGA 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.

**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).

### **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. The daypack is used as the main luggage during specific sections of the program when the large backpack or large duffel will be stored. It is important to have a bag big enough to fit 2-3 days worth of essentials, typically around 30 liters.

### **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.

**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 NETTING:** Mosquito netting is a mesh used to cover your sleeping area for protection from insect bites. Mosquito nets come in different shapes and sizes and should be big enough to cover a twin bed. REI sells a Mombasa Defender Mosquito Net which is a good example of what to look for, and Sea to Summit has some great products as well.

**TRAVEL SIZE BIODEGRADABLE LAUNDRY DETERGENT:** Students will learn how to hand-wash their clothing on this program, as this is the easiest option for cleaning clothes in rural areas. As the program takes place in the beginning of the rainy season, some quick-dry clothes are essential as they dry much faster on clothing lines in the sun.

### **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 6 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.

**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, deflated soccer balls, art supplies, etc. This is completely optional but always very appreciated.