

Project Costa Rica Packing List

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Shirts	10 t-shirts, tank tops, short-sleeved shirts 2 long-sleeved shirts	Bathing Suit	3 suits
Shorts	7 pairs	Outerwear	1 lightweight sweatshirt or pullover REQUIRED → 1 high quality, waterproof rain jacket
Pants	2 pairs of quick drying, nylon pants or athletic/yoga pants (quick drying pants made by North Face, Columbia, Patagonia...)	Shoes	1 pair sneakers or shoes 1 pair flip flops REQUIRED → 1 pair of water shoes or sandals (examples: Teva, Chaco) 1 pair waterproof boots or sneakers
Underwear	10 pairs	Beach Towel	2 beach towels for water activities
Socks	10 pairs	Laundry Bag	1 laundry bag w/ drawstring (labeled)
Sleepwear	1 week's worth		

Remember: We STRONGLY DISCOURAGE bringing valuable items to your program (expensive jewelry, hand-bags, etc.) Laptops are prohibited. Participants do not need to be burdened with the responsibility of caring for these items.

ADDITIONAL ITEMS

- Valid passport
- Sunscreen, SPF30+
- Toiletries - toothbrush / toothpaste, deodorant. Hotels provides shampoo and soap
- Insect repellent 30% DEET
- Cell phone and charger
- Water bottle
- Hat
- Sunglasses

LAUNDRY & LINENS

Laundry is done by a local service once per week. Please label ALL clothing. Our hotels provide all bedding and linens. Daily housekeeping services are provided.

REQUIRED LUGGAGE

(Refer to the enclosed "Gear-to-Go" flyer for size appropriate choices.)

- **Duffel Bag / Suitcase**, not exceeding 30"L x 15"D x 14"H. A rolling duffel with handle and wheels is recommended.
- **1 Small Carry-on Bag or Backpack**. Please note that this bag can NOT be a second large duffel or suitcase. It is a smaller bag that can be carried onto the bus.

PACKING INSTRUCTIONS

- THE MAXIMUM PACKED WEIGHT OF YOUR SUITCASE OR DUFFEL IS 50 POUNDS! This limit is imposed by the airlines, and an additional, substantial fee will be charged by the airlines each time we fly for luggage exceeding 50 pounds.
- Please keep in mind current airport security regulations when packing your carry-on bag.

