

Recommended Minimum Packing List		
Quantity	Item	Notes
1	Backpack	Used for carry-on; check with airline for size limitations
1 pr	Sandals	Teva-type sandals are recommended
1 pr	Running Shoes	Expect shoes to get dirty. Recommend shoes with good traction for negotiating wet surfaces
4 pr	Socks	<i>Majority of time will be spent in sandals or barefoot</i>
4 pr	Shorts	Recommend surf-type shorts that can be used for yoga, fitness, swimming, and casual wear
4	T-Shirts / Tanktops	Lightweight
1	Hygiene / Toiletries	Toothpaste, toothbrush, shaving items, etc
1	Sunscreen	
1	Mobile phone	
-	Charging Accessories	For mobile phone and electronic accessories
1	Wallet	Cash, Credit Card, Debit Card, Identification
1	Passport	
1	Sweatshirt, lightweight	Recommended for travel to and from Costa Rica
1	Headlamp, or flashlight	
As Req'd.	Undergarments	
1	Proof of return trip	This is required for Immigration
Optional / Not Required		
	Camera	
	Hat	
	Sunglasses	
	Swimsuit	
	Chapstick	
	Umbrella	
	Rain jacket	
	Water Bottle	
	Beach towel	Bath towels are provided
	Mosquito / Insect repellent	
	Extra batteries	