

Suggested Packing List

We recommend only bringing what you are comfortable carrying on your own. An internal framed backpack or duffel, and a small carry on or daypack, should be fine. Do not overpack as you will want room for items you purchase while in Costa Rica.

Although Monteverde is said to have a wet and dry season, it can be rainy, misty and cool any time of the year. Our course takes place during the rainy season, so light, comfortable raingear is a priority. The course includes traveling to various parts of the country, so you will also experience hot, humid weather. We suggest you bring lightweight, easy-drying clothing that can be layered for a **wide range of weather conditions**. Below is a suggested packing list for our three-week course:

Clothes

Long and short sleeved shirts

2-3 pairs field pants (light cotton, nylon or quick-dry—try to avoid denim—it can be uncomfortable at high humidity)

1 or 2 pairs of shorts, capris, or knee-length skirts

Socks, including some heavier ones for hiking

1 or 2 sweatshirts or a light jacket – it can be cool and damp. A fleece jacket combined with a wind-breaker is fine

Sneakers, running shoes or comfortable walking shoes

Waterproof hiking boots or sturdy walking shoes with ankle support. **Break them in before you come!**

(Rubber boots, necessary at times of heavy rain, can be purchased in Costa Rica for about \$12.00)

Bathing suit, beach towel, sarong/cover up and water shoes (such as Texas or Reefs)

Flip flops or other sandals for using indoors

Rain gear – waterproof highly recommended: sturdy poncho or raincoat (optional: compact umbrella)

Baseball cap or sun hat

A set of nice but casual clothes to wear in the evenings, to community events and in San José

Other*

Any prescription medications you may need, along with a copy of the prescription

Personal toiletries (shampoo, soap, toothbrush, tampons, etc.)

Extra eyeglasses, contact lenses (and a copy of the prescription), contact lens solution

Insect repellent (wipes work great, or spray)

Anti-itch stick to apply if you do get insect bites

Sunscreen with SPF 30 or higher

Alcohol-based hand sanitizer

Flashlight or headlamp and extra batteries

Water bottle

Travel clock or watch with alarm

Daypack with rain-cover large enough for lunch, water bottle, rain gear, extra layer of clothing, camera, sunscreen, insect repellent, notebooks.

***note:** Except for some prescription items, all of these items can be purchased in Costa Rica.

Optional (but recommended) Items

Camera
Binoculars
Earplugs (for noisy hotels)
Ziploc bags of different sizes (to keep items from getting wet)
Padlock
Money belt or neck wallet
Swiss army knife (only in checked baggage, not in your carry-on)
Tissue packets
Money for tipping guide and bus driver (\$40-\$50 combined for entire trip)
Spending money for gifts, clothes-washing, personal snacks, optional activities (zip-lining), etc.

Additional packing suggestions:

Put your name on everything: clothing, notebooks, backpack, etc.
Do not bring expensive jewelry that you are afraid to lose.
Insure your personal belongings, especially a laptop if you bring one.
Bring clothing that is versatile and interchangeable: example: a pair of lightweight khakis can be used for hiking or dressed up if you are going out.
We will offer commercial clothes-washing a few times during the trip.

Field Notebook

**** You will be required to maintain a Field Notebook of the trip. The notebook will be submitted as part of your grade and should be kept as a memento of the trip. A significant, bound notebook would be best. ****
Details about expectations for the field notebook contents will be outlined in the Course Syllabus.