

Packing Checklist: What you need to bring to Costa Rica

The following items are essential:

- _____ passport
- _____ the name, phone number, and fax number of your physician and a close relative
- _____ list of credit card numbers, and numbers to call to cancel the card in case of loss or theft
- _____ two large manila envelopes to leave tickets and excess money in safes
- _____ rain poncho/jacket (it may rain during the trip!)
- _____ two reliable flashlights or headlamps and spare batteries (rechargeable batteries are great)
- _____ lightweight plastic water bottle
- _____ watch
- _____ alarm (either on your watch or a separate alarm clock)
- _____ ample supply of pens and pencils
- _____ shampoo and toiletries; use containers that won't leak and put them inside ziplock bags
- _____ sunscreen and after-sun cream
- _____ insect repellent (avoid aerosols; Avon's "Skin-so-soft" is a non-DEET alternative; Green Ban is another effective non-DEET alternative)
- _____ anti-itch cream (such as Caladryl)
- _____ analgesic tablets (such as acetaminophen or ibuprofen)
- _____ Dramamine (non-drowsy formula!) if you suffer from motion sickness
- _____ any medications you normally take or might need (such as an antihistamine if you tend to have reactions to bug bites); for prescription medications, bring a copy of the prescription
- _____ bathing suit
- _____ towel (we have towels at the UGA CR campus, but if you want a separate towel for swimming, it's recommended to bring one)
- _____ more pants than shorts
- _____ t-shirts and lightweight long-sleeved shirts (quick-dry are best)
- _____ plenty of socks
- _____ plenty of underwear (cotton or Capilene are most comfortable in tropical climates)
- _____ sweatshirt or warm fleece for high-elevation climates (it gets cool at night)
- _____ brimmed hat for protection from sun and rain

- _____ comfortable, sturdy walking shoes (light-weight hiking boots recommended, but running/cross-training shoes are probably ok)
- _____ strap-on rubber sandals (Teva, Chaco, Keen, or similar types) for walking around your room
- _____ rubber boots (essential for walking in rain forest), these may be acquired in Costa Rica after arrival
- _____ laundry bag
- _____ an extra duffel bag or collapsible luggage item (packed inside your luggage) if you want to bring back souvenirs

The following items are optional, but do bring them if you can:

- _____ camera
- _____ all the film and/or storage cards you will need
- _____ small Spanish dictionary and phrase book
- _____ binoculars

Room to spare? Students in the UGA Costa Rica study abroad program have commented that they wished they had brought extra socks and t-shirts. They also wished they had brought shoes that didn't rub their feet funny, a more reliable flashlight (you WILL depend on your flashlight!), more film or digital cards, and a more durable rain poncho. Pack accordingly, and think ahead!