Field Studies Costa Rica Packing List

Things to know
- We travel light on Overland trips; please only bring items on your packing list.
- Please do not bring any electronics (including your cell phone). See FAQs for more information on our cell phone and electronics policy.
- Your group will have access to laundry periodically.
- Do not bring any type of knife or multi-tool (such as a Swiss Army knife or Leatherman tool).
- There are no reimbursements for lost, damaged or stolen items.
- Please wear the navy Overland shirt that you will receive from the Overland office to your trip start location.

Arriving Sick or Injured: Participants should not be dropped off or fly to trip start if they are sick or injured. Participants should remain at home until they are no longer ill and are fully recovered from any illness or injury. Sick or injured participants arriving for trip start must remain with the drop off parent/guardian or be flown home at the parent/guardian’s expense.

Please notify our office as soon as possible if your child is sick or injured. Your child may or may not be able to join the group at a later date. Please review the details of your trip insurance policy for illness and injury coverage benefits.

Luggage
☐ Medium-Sized Duffel Bag or Backpack

Clothing
☐ Navy Overland Shirt (1)
☐ Work Pants (1)
☐ Pants (1)
☐ Shorts (4)
☐ T-Shirt (3)
☐ Synthetic T-Shirt (2)
☐ Long-Sleeve T-Shirt (1)
☐ Swimsuit (1)
☐ Underwear (7)
☐ Athletic Socks (pair) (5)
☐ Wool and/or Synthetic Socks (2)
☐ Pajamas (optional)
☐ Bandana (optional)
☐ Hat with Visor (optional)

Outer Layers
☐ Fleece Jacket or Pullover
☐ Waterproof Raincoat
☐ Waterproof Rain Pants

Footwear
☐ Waterproof Hiking Boots
☐ Sneakers (pair)
☐ Sandals (pair) (optional)

Travel Documents
☐ Passport
☐ Passport Photocopies
☐ Photo Identification

Miscellaneous
☐ Leather Work Gloves
☐ Beach Towel
☐ Small Bath Towel
☐ Toiletries
☐ Sunscreen (SPF 15+) & Chapstick (with SPF)
☐ Insect Repellent
☐ Spending Money
☐ Spanish-English Dictionary
☐ Health Insurance Card
☐ Personal Journal or Book (optional)
☐ Camera, Charger & Extra Batteries (optional)