

# Field Studies Costa Rica Packing List

## Things to know

- We travel light at Overland; please only bring items on this list.
- Please wear the navy Overland T-shirt that you will receive from Overland to your trip start.
- Your group will have access to laundry periodically.
- Please do not bring your smart phone (or any other electronics).
- Do not bring any type of knife or multi-tool (such as a Swiss Army knife or Leatherman tool).
- Be sure to bring comfortable clothes that can get dirty and worn while volunteering.
- Linens and pillows are provided at all accommodations.
- There are no reimbursements for lost, damaged or stolen items.

## Luggage

- Medium-Sized Duffel Bag or Backpack—*3,000-5,000 cubic inch (50-80 liters) backpack or duffel bag.*

## Clothing

- Navy Overland T-Shirt (1)
- T-Shirt (4)
- Synthetic T-Shirt (3)
- Lightweight Long-Sleeve T-Shirt (1)
- Shorts (4)—*Shorts suitable for daily activities including volunteer work and hiking.*
- Pants (2)—*Suitable for day hikes, travel or walks through towns and cities.*
- Work Pants (2)—*Durable and suitable for trail work.*
- Underwear (7)
- Athletic Socks (5)
- Wool and/or Synthetic Socks (2)
- Swimsuit (1)
- Bandana (optional)
- Hat with Visor (optional)
- Pajamas (optional)—*Students sometimes prefer to sleep in shorts and a T-shirt instead of pajamas.*

## Outer Layers

- Fleece Jacket or Pullover (1)
- Raincoat (1)—*Waterproof material (e.g., Gore-Tex, or similar) is required. Your jacket should be large enough to allow layers underneath. Ponchos are not acceptable.*
- Waterproof Rain Pants (1)

## General Gear

- Day Pack—*Basic two-shoulder backpack large enough to hold your lunch, two water bottles, snacks, extra layers and rain jacket. Use your day pack as a carry-on for your flight and for daily activities or hikes. A standard school backpack is usually fine (no satchels or shoulder bags).*
- Headlamp—*Please bring an extra battery/batteries.*
- 1-Liter Water Bottle

## Footwear

- Waterproof Hiking Boots—*Choose comfortable boots designed for hiking with a pack (i.e., mid to high cut for ankle support). Boots should be waterproof. Break them in before the start of your trip.*
- Sneakers—*Comfortable shoes with good traction.*
- Sport Sandals or Water Shoes—*Must have a heel strap (e.g. Chacos, Keens or Tevas).*
- Sandals (optional)—*Flip flops or Crocs work well.*

### Miscellaneous

- Small Bath Towel
- Beach Towel
- Travel Size Toiletries
- Sunglasses
- Sunscreen (SPF 15+) & Chapstick (with SPF protection)
- Insect Repellent
- Leather Work Gloves—*Sturdy gloves to wear during volunteer work.*
- Travel-sized Spanish-English Dictionary
- Water-resistant Watch
- Camera, Charger & Extra Batteries (optional)—*A digital or disposable camera.*
- Personal Journal or Book (optional)

### Spending Money

- Spending Money & Miscellaneous Expenses—*Each student should bring a debit card, an ATM card or a prepaid Visa card to cover spending money and miscellaneous expenses. Spending Money: While all meals and activities are included in the trip fee, we recommend \$25/week for spending money (for example: for souvenirs or an occasional drink or snack beyond what is provided to the group as a whole). Miscellaneous Expenses: Most Overland students will incur some expenses while traveling (for example: an equipment repair or baggage fees at trip end). Please add \$100 to the debit/ATM/Visa card (in addition to spending money), to cover these expenses.*

### Important Documents

- Health Insurance Card—*Please bring an original or copy of your health insurance card.*
- Passport—*Please bring a passport that is valid until at least six months after your trip end date.*
- Passport Photocopies—*Make at least four photocopies of your passport and visa (if applicable). Leave one copy with your family and put photocopies in both your checked luggage and carry-on luggage for the flight, separate from your original documents.*