Language & Service 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 (3)**
- **Synthetic T-Shirt (4)**
- **Lightweight Long-Sleeve T-Shirt (2)**
- **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 (3)**—Durable and suitable for trail work.
- **Underwear (7)**
- **Athletic Socks (5)**
- **Wool and/or Synthetic Socks (1)**
- **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.

### 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.
- **Water Shoes**—Closed-toed sport sandals, water shoes or old sneakers to wear on the water. Sandals must have a heel strap for activities such as kayaking, rafting or canoeing (flip flops and Crocs are not acceptable).
- **Sandals (optional)**—Flip flops or Crocs work well.
### Miscellaneous
- **Synthetic Camping Towel**—A medium-size synthetic camping towel (synthetic camping towels dry much faster than regular towels).
- **Travel Size Toiletries**
- **Sunglasses**
- **Sunscreen (SPF 15+) & Chapstick** (with SPF protection)
- **Insect Repellent**
- **Leather Work Gloves**—Study gloves to wear during volunteer work.
- **Community Donation Items**—A few items of second-hand clothing for children or adults, arts and crafts materials such as markers, paint brushes and construction paper or your favorite children’s books.
- **Travel-sized Spanish-English Dictionary**
- **Notebook & Pen**
- **Water-resistant Watch**
- **Camera, Charger & Extra Batteries** (optional)—A digital or disposable camera.
- **Personal Journal or Book** (optional)

### 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.

### 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.