

Ultimate Packing List for

Costa Rica

TRAVEL ESSENTIALS

- Insulated water bottle
- Microfiber towel
- Original passport w/more than 6 months until expiration
- Original drivers license
- Credit/debit card
- Travel insurance
- Photocopy of documents
- Return home ticket
- Spanish dictionary/guide
- Travel luggage locks
- Pens
- Eyemask
- Flashlight/headlamp
- Travel pillow
- Waterproof phone case
- Costa Rica map
- Travel hair dryer

TECHNOLOGY

Costa Rica uses 110 Volts.

- Phone & charger
- Battery pack
- SD Cards Class 10 w/ lots of room
- Chargers
- Plug adapter
- Action cam with mounts
- Selfie stick
- Headphones or earbuds
- Kindle
- Waterproof phone case or pouch

CLOTHING & SHOES

No strict dress code, aim for casual.
Clothes that dry fast and wick away moisture are best.

- Shorts
- T-shirts
- Tank tops
- Swimwear: bathing suit, board shorts, sarong, beach cover up
- Sunglasses
- Hat or visor
- Rain jacket in rainy season
- Socks
- Long pants and jacket/sweater (if going to high elevation areas like Monteverde, Perez Zeledon, San Gerardo de Dota and the mountains)
- Sundresses
- Underwear
- Sleepwear
- Outdoor/hiking clothes
- Rash guard
- Sports bra
- Flip flops
- Closed toed hiking sandals or water shoes and tennis shoes
- Hiking shoes/boots if going on long hikes

TOILETRIES

- Toothbrush & toothpaste
- Floss
- Face wash
- Makeup remover
- Deodorant
- Shampoo & conditioner
- Hair detangler spray
- Chapstick with SPF
- Razor
- Hair brush
- Hair ties
- Sunscreen, at least SPF 30
- After sun gel
- Mosquito repellent
- Small travel mirror
- Female hygiene products
- Tweezers
- Nail clipper
- Lotion
- Contact lens solution & case

FIRST AID KIT

- Afterbite cream
- Hydrocortisone cream
- Neosporin/antibiotic ointment
- Allergy medicine
- Band aids
- Dramamine/anti nausea medicine
- Pain killers
- Tissues
- Hand sanitizer
- Prescribed medications

LUGGAGE

- Suitcase or backpack
- Day pack (waterproof in rainy season)
- Packing cubes or organizer
- Laundry bag
- Small purse
- Rain cover

Arenal and La Fortuna

This area experiences typical tropical dry and rainy season. In dry season, average temperatures are in the high 80s and low 90s F (29 – 34 C) during the day. In rainy season, the average temperatures are in the mid-70s F (24 C) and it can get very cloudy and rainy in August, September and October. A waterproof rain jacket is an absolute must when rainy season begins! (May).

Hiking: Closed toed shoes is recommended. In rainy season, I recommend a pair of waterproof hiking shoes or hiking sandals.

Ziplining: Closed toed shoes is a must. No flip flops or loose shoes.

Other activities such as horseback riding, canyoning (waterfall rappel) and white water rafting require closed toed shoes. You can go barefoot or bring water shoes to the hot springs.

Monteverde

Monteverde sits around 1500 meters (~5000 feet) in elevation so it is colder and windier. Dry season temperatures are around mid-80s F (29 C) and at night, 60s F (16 C). Rainy season has temperatures in the low 60s to mid-70s F (18 – 24 C). You need to bring a jacket/sweater and long pants.

Expect to run into spring showers even during the hottest months of March and April. Waterproof equipment and clothing is a must for September, October and November. Beginning of December can still be rainy as well.

Hiking the cloud forest

reserves: Bring a rain jacket and wear closed toed hiking shoes. Mornings are generally very sunny during dry season so a jacket may not be necessary. But always be prepared for rain! Some of the cloud forest reserves have rain boots for rent.

Osa Peninsula & South Pacific

This area is very humid and wet. Hiking shoes are a must for the national park and some hotels have rain boots for rent.

As for clothes, you definitely need quick dry clothes and lightweight hiking/outdoor clothing. We don't recommend jeans since they take forever to dry.

If you are bringing camera equipment, you need waterproof gear since this area is so humid and rains hard in rainy season. Bring 100% waterproof backpacks, a rain jacket and Ziploc/plastic bags.

Must bring items: A

micro-fiber towel, a hat, a flashlight, good pair of hiking shoes, lots of mosquito repellent, insulated water bottle, waterproof backpack and an open attitude. You will run into lots of bugs and be hot and sweaty!

Guanacaste & Nicoya peninsula

This area is extremely hot and dry and follows the typical tropical season pattern. Average temperatures in dry season are low to mid 90s F (32 – 35C) and in March and April, it can soar into low 100s F (38 C) for weeks in a row. Temperatures cool off to about mid-70s F (23 C) at night. In rainy season, it gets a bit cooler but becomes extremely humid. You must bring tons of SPF 30 or higher sunscreen, mosquito repellent, sunglasses, hat and after sun gel. An insulated water bottle will be super useful so you can always have cold water as well as a micro fiber towel if you plan to do any hiking.

Bring all your shorts, tshirts, tank tops, flip flops and beach clothes because you won't really need any sort of warm clothing in these high temperatures!

Puerto Viejo and Tortuguero

These areas are extremely humid, with average temperatures in the high 80s F (32 C) during the day and low to mid 70s F (~22 C) at night.

Make sure to bring lots of sunscreen and insect repellent!

For Tortuguero, it is recommended to bring light weight outdoor clothes and a good pair of hiking shoes if you plan to hike in the national park. Additionally, keep in mind that the Caribbean coast can rain all year round (Sept/Oct are summer months), so it's good to have a waterproof backpack with you. June and November are usually the rainy months.

An insulated water bottle, battery pack and micro fiber towel are also highly recommended for this area.

Jaco and Manuel Antonio/Quepos

Both of these places are hot and humid so bring all your beach clothes, sunscreen, mosquito repellent, sunglasses, a hat and swimsuit.

Average temperatures are high-80s F (32 C) during the day and cools off to low to mid 70s F (24 C) at night.

During rainy season, these two places can rain quite hard at night so bring a waterproof rain jacket, waterproof backpack and other rain gear.

If you plan to do activities such as rafting, ziplining or canyoning, closed toed shoes are necessary.

You can wear hiking clothes to Manuel Antonio National park but it's not 100% necessary. Just wear comfortable clothes that dry fast.