

Ultimate Packing List for

Costa Rica

TRAVEL ESSENTIALS

- ☐ Insulated water bottle
- ☐ Micro fiber towel Original
- ☐ passport with >90 days until expiration
- ☐ Original drivers license
- ☐ Credit/debit card
- ☐ Travel insurance
- ☐ Photocopy of documents
- ☐ Return home ticket
- ☐ Spanish dictionary/guide
- ☐ Travel luggage locks Face
- ☐ mask
- ☐ Eyemask
- ☐ Flashlight/headlamp
- ☐ Travel pillow
- ☐ Waterproof phone case
- ☐ Costa Rica map
- ☐ Travel hair dryer
- ☐ Hand sanitizer

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.

- | | |
|---|---|
| <input type="checkbox"/> Shorts | <input type="checkbox"/> Sundresses |
| <input type="checkbox"/> T-shirts | <input type="checkbox"/> Underwear |
| <input type="checkbox"/> Tank tops | <input type="checkbox"/> Sleepwear |
| <input type="checkbox"/> Swimwear: bathing suit, board shorts, sarong, beach cover up | <input type="checkbox"/> Outdoor/hiking clothes |
| <input type="checkbox"/> Sunglasses | <input type="checkbox"/> Rash guard |
| <input type="checkbox"/> Hat or visor | <input type="checkbox"/> Sports bra |
| <input type="checkbox"/> Rain jacket in rainy season | <input type="checkbox"/> Flip flops |
| <input type="checkbox"/> Socks | <input type="checkbox"/> Closed toed hiking sandals or water shoes and tennis shoes |
| <input type="checkbox"/> Long pants and jacket/sweater (if going to high elevation areas like Monteverde, Perez Zeledon, San Gerardo de Dota and the mountains) | <input type="checkbox"/> 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
- ☐ Disinfectant wipes
- ☐ Prescribed medications

LUGGAGE

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