

# PACKING LIST FOR

# Costa Rica

## HEALTH FIRST

- Face masks
- Hand sanitizer

## FOOTWEAR

- Walking/hiking shoes
- Water shoes OR  
Sandals that *stay on* your feet  
for white water rafting
- Sandals for the beach  
(could be the same pair as above)
- Socks for hiking/walking

## CLOTHES

It can be quite hot & humid. You will sweat through your clothes, especially in Manuel Antonio. :)

- Shorts (it's hot & humid)
- Athletic leggings for walking/hiking
- Outfit for dinner(s)  
>> A sundress can double as a  
swimsuit coverup!
- Swimsuit (or 2...or 3)
- Tops (tanks, t-shirt, quick dry, etc.)
- Jacket or sweater for cool evenings
- Unmentionables (underwear, bras,  
etc.)
- Rain jacket
- Pajamas

## TOILETRIES

- Towel
- Shampoo, Conditioner
- Soap
- Daily hygiene products  
(toothbrush, deodorant, etc.)
- Prescription medication  
(if applicable)
- Flashlight/headlamp
- Cash/Credit cards (more  
info on this coming soon!)
- Make-up & hair products

## MISCELLANEOUS

- Hat
- Sunglasses
- Sunscreen
- Bug repellent
- Passport
- Phone & charger (same  
outlet as United States)
- Reusable water bottle  
(Hint: You'll be getting one...)
- Day bag

## EXTRAS

- Travel battery pack
- Waterproof phone case