



## PACKING LIST

Built on decades of experience, Bold Earth's packing lists include all the essential items students need for a successful trip. Please note that students should be prepared with all items on the packing list; one ill-prepared student can negatively affect the safety and fun of the entire trip, so please come prepared. Students who arrive without all the necessary equipment may need to purchase missing items. Packing more than you need can also create its own set of challenges, so please do not pack more than what is listed.

## IMPORTANT INFORMATION

- **Weather:** Rarely falling below 74°F, Costa Rica feels like summer all year round. Throughout your time in the tropics, you'll experience a varying day and nighttime temperature ranging from 73°F to 88°F, though it is so humid, it often feels hotter. Rain is common throughout Costa Rica, with light daily showers, so be sure to have the proper gear necessary!
- **Buying guide:** The linked items are simply recommendations and examples. Don't break the bank on every piece of gear; many items, like sweatshirts, long underwear, water bottles, headlamps, and duffel bags, can be found at less expensive prices at big-box stores like Target (remember, higher cost doesn't always mean higher function). However, don't skip on more important items like a backpack, waterproof rain jacket, hiking shoes, and sandals—these need to be higher-quality items ideally from an outdoors-specific store. Visiting a local outdoor gear store is a great way to try things first hand.
- **Travel and packing tips:** Pack essential items in your carry on. This includes: a change of clothes, essential toiletries, contacts/glasses, prescription medications, cell phone & charger, Passport, and water bottle. Wear closed-toe shoes and pack clothes for the outdoors in your carry on in case of baggage delay.
- **Cotton:** A popular backcountry saying is "cotton is rotten." Cotton cannot provide insulation when wet and can take a very long time to dry, but it's more comfortable when relaxing in camp. By bringing synthetic clothing in addition to cotton clothing, you will be warm and comfortable no matter the conditions.
- **Rain gear:** Waterproof/breathable rain gear is required. Double-check with a salesperson that you are buying a waterproof, not water-resistant, shell. Students do not need windbreakers, ponchos, or heavy, insulated ski parkas. A simple waterproof rain jacket will suffice.
- **Eyeglasses or contacts:** It's easy to change your contacts, and you'll always be able to wash your hands before you touch your eyes. Please bring solution, extra pairs of contacts, and glasses just in case. If you wear glasses, please bring a strap to keep them on during activities. You can bring separate sunglasses or the kind that go over your glasses.
- **Break in your shoes:** This will help prevent blistering and possibly stress fractures. Try to walk at least 20 miles (it doesn't have to be all at once) in your hiking shoes to ensure they are broken in prior to your trip.
- **Spending money:** All activities, meals, transportation, and lodging are included on your Bold Earth adventure. However, we suggest bringing approximately \$75 per week. This is for personal expenses, baggage fees, gear replacement, and souvenirs. Cash plus an ATM or credit card is best because sometimes airlines will not accept cash for baggage fees. If there is an **EMERGENCY**, Bold Earth can advance money.
- **Baggage fees:** Each airline has different fees for checked baggage. Save or bring cash for the end of the trip to check your bags home. Before arriving at the airport, check the baggage policies for your reservation. If you have difficulty locating this information, the Bold Earth team will be happy to assist you!
- **Identification:** For international flights, U.S. citizens are required to show or carry a government-issued passport at the airport. For non-U.S. citizens traveling internationally, you will also be required to have a passport. Your trip leader will be happy to hold any ID or important documents
- **Laundry:** We visit laundromats every 6-9 days (once on a two week trip and twice on a three week trip). You will wash your own clothes, we provide the suds, coins and know-how. Because our students have similar clothing and gear, please **LABEL EVERY ITEM WITH THE STUDENT'S NAME.**
- **We will provide:** Bold Earth will provide a lot of group gear, such as tents, mess kits, cooking gear, knives, tarps, and technical gear required for activities like rock climbing, whitewater rafting, etc.

Click on any image or [blue underlined text](#) for purchasing suggestions.

## REQUIRED EQUIPMENT

**Duffel bag:** We suggest a durable, soft-sided duffel about 70 liters in capacity. We prefer duffel bags that do not have wheels.



**Daypack:** This will be used during the day to carry personal items. Something with a load bearing hip belt is recommended (about 30-40 liters in capacity).



**2 one-liter water bottles:** We recommend a simple, wide-mouth Nalgene style bottle (without straws).



**Headlamp and batteries:** LED lights have better performance and weigh less than incandescent.



**Passport:** Passport must be valid for 6 months after the trip. Please bring 2 photocopies of the passport and leave an additional photocopy at home.



## REQUIRED CLOTHING

### Base Layers

- 9-day supply of underwear (in a variety of cotton & synthetic).
- 1 pair synthetic, [midweight long underwear](#), top & bottom
- 4-5 sports bras. Make sure that the seams and straps are comfortable under a loaded backpack. Bring a dark-colored, more conservative design, as sports bras are also acceptable while rafting or swimming.

### Middle layers

- 3-5 pairs of shorts
- 6 short-sleeve shirts (combination of synthetic, wool, cotton)
- 1 long-sleeve synthetic shirt or [sun hoodie](#)
- 1 pair of long synthetic hiking pants and or sweatpants
- 2 swimsuits
- 1 outfit for final dinner (could use jeans or khakis)

### Outer layers

- 1 [fleece jacket](#), not cotton
- 1 lightweight sweatshirt
- Waterproof rain jacket (recommended brands include REI, Outdoor Research, Columbia, Patagonia, Marmot, etc.)

### Footwear

- 2 pairs of [wool or synthetic hiking socks](#)
- 6 pairs athletic socks (can be cotton)
- Sandals must have a heel strap** (recommended brands include Tevas, Salomon, or Chaco)

**Hiking shoes** made for hiking/backpacking; light to medium weight. A comfortable fit is critical. **Break these in before the trip!** (Recommended brands include Altra, Merrell, Keen, Asolo, Hoka, Salomon, etc.)

1 pair of sneakers or town shoes

### Head and hands

- Baseball style cap
- Bandana or [Buff](#)

## MISCELLANEOUS

- Lip balm (with SPF)
- Reef safe SPF 30+ sun screen (Bold Earth will also provide)
- Biodegradable bug spray (Bold Earth will also provide)
- Personal toiletries: toothbrush and toothpaste, deodorant, travel-size shampoo and conditioner, soap. Ladies, your preferred feminine hygiene products and a few Ziploc bags for disposal (we'll have extra bags, too).
- One towel or [large pack towel](#)
- Sunglasses with a [secure strap](#)
- Laundry bag
- Camp pillow (leave your big pillows at home)
- Watch with an alarm

## OPTIONAL (BUT RECOMMENDED)

- Camera (phone & camera must be separate)
- Book and or Journal/Pens
- Flip Flops (for showering)
- Crazy Creek-style chair:** Lightweight chair with back support to make sitting on the ground more comfortable.