




WILD WOMEN

EXPEDITIONS

Costa Rica Explorer Packing Checklist

 **Luggage Logistics:** Checked luggage can get lost or delayed on the way to any destination. Prepare for this possibility by wearing items that are essential to your Wild Women Expeditions adventure. In your carry-on, pack a light jacket, change of clothes, snacks, toiletries, water bottle, medications, camera, and all paperwork. Depending on group size, luggage space in vehicles can be limited. Please use a small to medium-sized suitcase or duffel on rollers. Our best advice? Don't pack more than you can carry!

 **Hot tip:** Always check the weather in your destination in the week leading up to your trip!

Below is a list of required, recommended and optional items to bring on your Wild Women Expeditions adventure. This list is provided as a guideline and is not exhaustive, nor do you need to bring everything on it (unless it is *required*). Think about how you travel and what works best for you. If you know you'll never wear or use a particular item on this list, don't worry about it!

Required Items

- Main luggage: suggested small to medium sized suitcase with rollers (soft or hard sided is fine), or travel duffel with rollers; travel backpacks are fine too (40-60L), but keep in mind that you need to carry this along with your day pack in the airport and from vehicles to your accommodation
- Daypack: Recommended size: 10-20L. Your pack should have room for a water bottle, rain jacket, sunblock, camera/phone and personal items
- Hiking shoes/trail runners
- Water shoes or sandals (such as Keen or Teva brands)
- Water bottle or CamelBak hydration system (1L size is good)
- Waterproof/windproof jacket

Recommended Items

- Other Shoes/Sandals: to wear at the lodges
- Socks: two or three pairs

- Light sweater: one for evenings or cool days
- Tanks/T-shirts: four to six, lightweight, quick dry
- Mid-layer shirt: one light, mid-weight long-sleeve shirts for sun protection
- Shorts/Pants: two or three, lightweight, quick-dry bottoms
- Underwear and good supportive, comfortable bras
- Bathing Suit (1-2)
- Pyjamas/nightwear
- Brimmed sun hat
- Sunglasses: with a retainer strap if you have one
- Phone and/or Camera with charging cords, external battery (if needed), memory cards, converter/adaptor, etc.
- Small travel towel
- 10-litre dry bag or Ziploc baggies: for waterproofing your camera or other items.
- Earplugs (recommended for shared rooms)
- Small flashlight or small headlamp with spare batteries
- Personal toiletries
- Waterproof sunscreen with high SPF rating (ocean/reef-friendly), lip balm (with SPF), after-sun lotion
- Prescriptions, if applicable (bring in duplicate and pack separately – in the event you lose a set of medication)

Optional Items

- Electrolyte drink mix (to aid in rehydration)
- Sandals or flip flops (for evening/travel)
- Dress/ Skirt/ Jeans/ Nice top (to travel in or extend your stay in Costa Rica)
- Bandana/ Buff
- Small Pillow (for travelling + camping)
- Binoculars (8x42) recommended, 7x32 minimum (getting a closer look at wildlife is really rewarding)
- Pencil and Notebook/Journal (if that's your thing!)
- Reading material
- Field guides. Our naturalists recommend [Birds of Costa Rica by Richard Garrigues](#), for both portability and content.
- A map can also be an enjoyable addition to have, we recommend [this waterproof one](#).
- If you are used to hiking with a walking stick, bring a collapsible one (they usually need to be in checked luggage)
- Energy snacks and drinks: while snacks will be provided, you may like to bring some along too if you have special dietary needs or personal favourites.
- Personal first aid kit: for any essential items that you know you'll need (e.g. blister treatment if you are prone to blisters, anti-nausea meds if you get motion sick etc.). Your guides will carry a group first aid kit.
- Caladryl/After Bite/Benadryl Cream or lotion to ease itching from bug bites
- Insect repellent (20 - 100% Deet) and/or Bug jacket

Essential Documents

- Passport (with photocopies)
- Travel insurance (with photocopies)
- Airline tickets (with photocopies)
- Local currency, ATM and credit cards
- Wild Women Expeditions Trip Details and Bulletins (saved for easy access on your phone)
- Any entry visas or vaccination certificates as required

💡 **Note:** Pack photocopies of travel documents separate from originals (or save to your phone) in the event that your baggage is lost or delayed.

Resources for Buying Outdoor Gear & Clothing

- Mountain Equipment Company, REI, SAIL, Atmosphere, Sportchek
- Borrow: Why buy when you can borrow from a friend?
- Thrift stores and online swap sites are also great places to find second-hand gear for a fraction of the price. Reduce, Reuse, Recycle, Rewear!

👢 **Gear Note:** We want you to be super Girl Scout-prepared for this trip! If you are unsure about any of the items on this list, ask us! Or, talk to the staff at your local outfitter. They love to chat about gear and will expertly kit you out!