

## **Packing List: What to Bring**

### **Documents**

- plane ticket
- passport (+ 1 copy, which is valid to travel INSIDE Costa Rica)
- Dollars, Traveller's Cheques
- Credit Card (mandatory for car rental!)
- driver's license (for car rental)
- emergency telephone list

### **Basics**

- shorts
- long pants
- t-shirts
- long-sleeved shirts
- light sweater
- underwear
- socks
- rain jacket
- fancy dress or shirt for romantic dinners
  
- swimming trunks/bikini
- beach towel
- flip flops
- sun hat
- sunglasses
- sunscreen
- insect repellent
- plastic bags (to keep various items – books, camera – dry)
- or dry bag
  
- toothbrush and paste
- dental floss
- deodorant
- tampons
- razor
- shower gel
- bath towel
- toilet paper (you never know when it'll hit you...)
- condoms

### **First-Aid Kit**

- adhesive strips
- diarrheal medication (charcoal)
- disinfectant/iodine

- Aspirin / Ponstan

### **Accessories**

- camera, charger, films, memory card
- plug adaptor (110 V, American standard)
- binoculars
- flashlight
- books
- travel guide
- musica!
- alarm clock
- addresses to send a postcard with palms
- Spanish dictionary
- games (cards, chess, etc.)

### **Highlands**

- good sweater
- long underwear
- warm hat
- hiking shoes
- windbreaker
- sleeping bag

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### **Optional Outdoor Equipment**

- hiking boots
- a good old Swiss Army Knife
- first-aid kit
- flashlight or headlamp
- binoculars
- snorkelling gear
- maps, compass
- matches
- sleeping bag (a warm one for high altitudes!)
- tent
- water purification (tablets or filter)
- cookware

Remember that Costa Rica's climate is very varied! Bring raingear for the rainforest and pack warm clothes if you spend time in the Central Valley.

Buen Viaje!