

Packing List (9 Days)

Coroma, Costa Rica

Travel Luggage

- Hiking Backpack or Duffle Bags with backpack Straps (Size Approx. 70-100L (4275-6100 cu. in.)
 - Example Duffle bags with Backpack straps (\$60-\$150)
<https://welltraveledmile.com/best-travel-duffel-bag/>
 - Example Hiking Backpack from Amazon (\$60-\$100)
- Daypack/Carry- On Bag
 - You will check your large backpack/duffle, so you will want a daypack or carry-on bag for the plane
 - Make sure you have enough extra room in your large backpack. duffel to put your daypack/carry-on bag, so you don't have to carry both at the same time

Documents

- Money Belt and Passport pendant for important documents (waterproof document holder)
- Passport (also photo copies, never give your passport to anyone)
- Driver's license (also photo copies)
- Money, credit/debit card
- Medical insurance card and contact information

Note: Danae will have a copy of your medical insurance card & parent consent paper

Clothing (lightweight quick dry)

- Short sleeve shirts (athletic shirts, quick dry)
- Single Long sleeve t-shirt
- Sweatshirt/fleece for traveling and cool nights
- Shorts (finger length)- at least 5 pair
- Lightweight pair of pants- at least 1 pair
- Socks- at least 1 pair per day

- Bathing Suit-at least 1
- PJ's
- Waterproof boots (break in boots at least a month before the trip)
- Tennis shoes (for travel and/or if boots get wet)
- Flip flops (for casual hanging out)
- Closed toed water shoes- water shoes (for bathing in the river)

Note: Cover your clothes in big plastic bags when packing, if the plan lands at the airport and it rains your clothes in the backpack/duffle will stay dry

Toiletries

- Tooth Paste?
- Tooth Brush?
- Shampoo/Conditioner?
- Deodorant
- 1-2 Bath/beach towels
- Personal toiletries, feminine products, cosmetics
- Medicines (your normal)
- Vitamins/supplements (your normal)
- Glasses, eye glass cases, contacts (contact solution)
 - For glass wearers-eyeglass repair kits (small screwdrivers)

Miscellaneous Gear

- Sleeping bag (lightweight summer sleeping bag)
- Sheet or light blanket (to use with sleeping bag)
- Sleeping Mat
- Small pillow
- Hat
- Sunglasses
- Water Bottle
- Small travel Tool (quick dry-microfiber)
- 1-2 plastic bags for storing wet clothing
- Extra Plastic Gallon-size Ziplock bags
- Waterproof Phone case (if you bring your phone for pictures)
- A journal
- A Bible
- Lightweight rain Jacket

IF you have bring

- Small pocket knife (if you have one, must be in checked bag)
- LED Headlamp w/extra batteries
- LED Flashlight w/extra batteries

Grow Out Requests

- Ponchos (We have in ROOTS)
- Work Gloves (We have in ROOTS)
- Para Cord for making clothes line for hanging damp items
- Sun Screen
- Bug Spray
- Hand Sanitizer
- Tylenol & Ibuprofen
- First Aid
 - Bandages
 - Gauzes
 - Neosporin
 - Alcohol Wipes
 - Pre-wrap
 - Athletic Tape
- Hygiene Kit (Kristi)
 - All in one Soap
 - Soap Saver
 - Face Wipe
 - Wet Ones
 - Toothpaste
 - Toothbrush
- Water Purifiers (Christian Graham)
- Flashlights (LED headlamps and regular LED Flashlights)
(Weddings)
- Extra Batteries (AA's)
- Mess Kit (plate, bowl, cup, silverware)
- Mosquito Nets
- English-Spanish Dictionary