

## Field Gear for Costa Rica

- Money \$100-\$150 should be plenty – US currency goes a long way in Costa Rica – (approximately 500 colonies to the dollar – a can of Coke® will cost about 500 colonies)
- Passport & copy (a water-proof holder for passport - Zip-lock bag works fine). Leave a copy with a friend or relative and place a copy in each travel bag.
- Pre-paid phone card (limited phone opportunities) emergency cell phone at station.
- Travel insurance (cost \$35-\$40) Leave insurance info with a friend or family member.
- Binoculars, Signal whistle
- Pocketknife (be sure to pack in checked baggage)
- Digital wristwatch with alarm (for recording data and waking up early)
- Daypack
- Flashlight (extra batteries – used batteries must be brought back to the states)
- Light raincoat (poncho is better)
- Journal notebook (will be provided) – Pencils
- Large water bottle with belt or daypack holder (water purification tablets not necessary)
- Large Zip-Lock bags and heavy-duty plastic trash bags to keep luggage dry.
- Insect repellent (High % “deet” for cloths – low % “deet” for skin)
- Sun block – sunglasses – hat
- **Extra pair of prescription glasses**
- Above ankle hiking boots (be sure to break-in before trip – do some heavy walking before we leave – you will be doing a lot of hiking in Costa Rica)
- Comfortable shoes or sandals for around camp. Socks, Socks, Socks! – the more the better!
- Nylon/fast drying clothing – three sets of pants and shirts should be enough, bathing suit
- Extra sheet & towel (one set of bedding and towels provided at station)
- Small box of laundry soap (low tech laundry facilities)
- Hand soap, small first aid kit, and safety pins
- Anti-itch cream, anti-diarrhea medication (Immodium), pain reliever, antacids
- Any prescription drugs you are currently using (keep in original prescription bottle)
- Optional: Above the calf slip-on rubber boots (Muck Boots)
- Optional: Camera & extra charged batteries
- Optional: Snorkeling gear (station has some gear)
- Optional: Snacks, Trail-mix (Gator-aid mix is good for trail hikes)

### Do Not Bring

Electric hair dryers, electric razors, large portable radios, DRUGS or alcoholic beverages

### Baggage

One bag (duffel type bag works best) to be checked in at airport (keep weight under 50 lbs –you will be lugging the bag from site to site) Airline will charge extra for overweight.

One carry on (daypack). Remember airports are very serious about what is in carry-on bags. Use common sense. Only small amounts of liquid items are permitted in carry-on. Put in small Ziplock bag. Use a small fanny pack instead of a purse.