



GoBeyond Costa Rica

Packing List

Important Notes

Pack smart and travel light! – For your travel bags, bring no more than the following...

- 1 large bag – This bag should be reasonably sized (~50-70 liter capacity), as students are responsible for carrying their own bags. Wheeled luggage is allowed but should be easy to carry over long stretches of rough terrain (dirt ground, cobblestone streets, stairs, etc.). Oftentimes students prefer either a wilderness-style backpack or duffel bag for their ease of use in various environments abroad.
- 1 small backpack/daypack – This bag will be used for day trips, so should be large enough to carry a few small items (water bottle, raincoat, snacks, camera, etc.).
- 1 small duffel bag (optional) – For some multi-day excursions (typically 2-3 nights in length), you may wish to leave gear you will not need in your larger bag in our primary hotel and travel only with this small duffel and your backpack/daypack.

Weather – Costa Rica is tropical year round, with numerous microclimates depending on elevation, rainfall, geography, etc. Temperatures can range between 15°C (59°F) to 30°C (86°F) during our time frame, with frequent rains in the afternoons and evenings. Please bring raingear and clothing that can be easily layered to adjust to swings in temperature.

Dress Etiquette – GoBeyond staff will advise students on what to wear throughout the trip based, in part, on local dress etiquette. **Note that sleeveless shirts, low cut shirts, short shorts, and other revealing attire are NOT APPROPRIATE for many of the locations we will visit.** Females in revealing clothing often garner unwanted attention from local males, and are often considered disrespectful by other locals. Students must be respectful of local customs and bring conservative clothes. As noted in the Student Agreement Contract, staff may ask students to change or purchase new clothing with their spending money if they ignore instructions.

Laundry – Students will have at least two opportunities to do laundry during the trip. Before travel, please use a permanent marker to label your items. Any lost, unlabeled items found at the end of the program will be donated to our affiliate organizations. Also, for the service projects and excursions, please pack clothes that you don't mind getting dirty. GoBeyond is a focused community service experience, so clothes can and do get ruined on program!

Valuables – GoBeyond is not responsible for lost, stolen, or damaged items. If you are concerned about losing/damaging an item, then please leave it at home. DO NOT bring tablet computers or laptops. Please see the Cell Phone & Electronics Policy section of the GoBeyond Pre-Trip Packet for more information on what is and what is not allowed on program.

Donations – Every year, GoBeyond donates to our partner organizations on behalf of our enrolled students/families. This includes both tangible items (arts, crafts, sport supplies, educational materials, etc.) as well as a financial donation. Though not required, every summer we find that a few students/families also wish to donate to our partner organizations. If you would like to do so, we suggest that your donation either be financial (<http://www.crhf.org/donations/direct-donations/>) or “functional” in nature. By “functional” we mean bringing a small amount of basic, purposeful items such as educational materials (pencils, pens, colors, paper, books, etc.), sport supplies (soccer balls, Frisbees, etc.), or simple medical supplies (thermometers, band-aids, etc.). Please do NOT bring large quantities of candy to give to children. Remember that many people we work with lack basic necessities, including adequate dental care.

Travel day – Place necessary travel-sized toiletries, a change of clothes, some snacks, any prescription medication, and other important items in your carry-on, just in case your large bag does not make it onto the same flight as you do. Please pack all toiletries in zip-lock freezer bags, and beware of airline restrictions regarding the size and quantity of liquids in your carry-on luggage.

Recommended / Required Items

- Your GoBeyond shirt
- 5 other work t-shirts & 5 evening t-shirts
- 2 long-sleeve, lightweight shirts for protection from the sun and insects
- 1 sweatshirt/sweater/fleece for cooler evenings
- 1 pr jeans for cooler evenings
- 1 rainproof jacket (rain pants optional)
- 1 pr work pants for projects and hiking excursions
- 3-4 pr work shorts & 2 pr evening shorts
- 2 pr sturdy work gloves
- 1 sun hat, baseball cap, or visor
- 6 pr socks
- 2 pr sleep wear (shorts and t-shirt style are well-suited to our sleeping arrangements)
- 2 swimsuits (Girls, please bring full-coverage bikini bottoms. No thong or cheeky bikinis.)
- Any underwear quantity desired
- 1 pr rubber-soled sandals such as Tevas/Chacos/Reefs/etc. with heel strap
- 2 pr sport type shoes with good support to walk and work in (will get wet and muddy!)
- Toothbrush, paste, and floss
- Soap or body wash
- Shampoo
- Deodorant
- 1 tube of Chapstick or similar sun block lip crème
- 1 bottle of waterproof sun block (SPF30 or higher)
- Any personal, misc. toiletries you need not on this list
- Any sanitary items needed (you will not find your usual brand or type of feminine hygiene supplies in Costa Rica)
- 1-3 plastic bags for wet and muddy items
- Valid Passport

- Costa Rica Visa (Not required for U.S. citizens; All others, please see the passport and visa section in the GoBeyond Pre-Trip Packet)
- All pertinent flight documents and information (e-tickets, itineraries, etc.)
- Copy of medical insurance card
- Travel and reserve cash in envelope (\$200+)
- Spending money (~\$300)
- 1 Photocopy of other important documents (see Copy Important Documents section of the GoBeyond Pre-Trip Packet)
- Medications (clearly identified, labeled with instructions) needed over the course of the program
- Insect (mosquito) repellent with DEET
- Cell phone for travel days and possible use in Costa Rica (**NOTE: ALL CELL PHONES will be collected at the beginning of the program, even if the phone doubles as the student's music player, camera, gaming system, address list, etc. No exceptions!** Cell phones will be made available at designated times throughout the program for making calls home.)
- 1 beach towel
- 1-2 water bottles (collectively they should hold at least 32oz)
- UV protected sunglasses
- Spare glasses and/or contact lenses
- Small flashlight or headlamp with extra batteries
- Mesh laundry bag labeled with name
- Travel alarm clock (you will not be able to use your cell phone for this function)

Optional Items

- 1 pr flip-flops or slippers for the hotel/hostel
- Student I.D. or additional identification
- List of emergency phone numbers and addresses for postcards
- Locks for luggage
- 1 journal and 2 pens
- Personal first aid kit (see the Student Medications section of the GoBeyond Pre-Trip Packet)
- Camera
- Small items or games for activities with Costa Rican children (GoBeyond provides some things too, but we'd like to see how creative you can be! Think of things for young children and toddlers.)
- 1 cotton sleeping bag liner (as an example, see the Cocoon Cotton Bag Liner at www.rei.com. You can also sew 2 cotton bed sheets together)
- Ear plugs and/or sleep mask (can help ensure a restful night!)