



Clothing and Equipment List Costa Rica Multi-Sport Adventures 10 Day Itinerary

The key to staying comfortable while on an active trip is layering. To obtain maximum comfort with minimum weight, you need versatile layers that mix and match to create the right amount of insulation, ventilation and weather protection. This gear list has been created to help you choose your clothing and gear for this trip. Try to bring only what is necessary—this will help you and your leaders!

Weather

Costa Rica enjoys the advantage of the perfect tropical climate. The average temperature is 72° F in the highlands, and in the 70s to 90s in the lowlands. There is a rainy season or green season from May to November, and the dry summer season lasts from December through April.

Gear Checklist

Provided Gear

- Rafting gear, including helmet and life jacket
- Sea kayaking gear, including life jacket

Official Papers

- Valid passport
- Airline tickets

Luggage

- Duffel bag(s), sturdy and large enough to hold all your gear
- Small daypack for carrying water bottle(s), rain gear, camera
- Luggage tags and luggage locks

City Clothes

- Lightweight, easily washable items for city/evening wear or when traveling

Clothing

- Hiking shorts, quick drying

- Midweight fleece or wool sweater
- T-shirts, synthetic
- Long-sleeve shirt for evenings or for extra sun/insect protection
- Lightweight pants, quick drying
- Underwear
- Hiking socks and liners, synthetic
- Swimsuit

Outerwear

- Rain jacket- waterproof and breathable

Headwear

- Sun hat or visor
- Bandana

Footwear

- Casual, comfortable shoes for evenings
- Lightweight hiking boots/trail shoes
- Water sandals (for rafting/kayaking)

Accessories

- One-quart water bottle or hydration pack
- Personal first-aid kit
- Toiletry kit
- Sunscreen and lip protection
- Sunglasses and strap
- Insect repellent
- Watch with alarm or travel clock
- Towel and washcloth

Optional Accessories

- Camera and spare batteries
- Bike gloves for paddling
- Compact binoculars (recommended)
- Reading and writing material
- Ziplocks, various sizes
- Headlamp or flashlight with extra batteries

Things to Consider

- Please remember to always pack essential items such as your passport, money, eyewear, a change of clothing (including hiking boots), and medications in your carry-on baggage, in case your luggage is delayed.
- While rafting the Pacuare River there is very limited space for luggage. This may entail separating your belongings into two bags -- one to leave on the bus and one to take down river. You can bring a small second

duffel for this purpose, or simply use a stuff sack. Rafts carry heavy-duty whitewater bags for storing everyone's overnight clothes and gear.

- Space for luggage is limited—please pack lightly!

- Cotton is wonderful in warm weather. However, once it becomes wet it drains your body heat, and takes a long time to dry in a humid jungle climate. Plan on bringing at least one synthetic shirt that maintains its warmth when wet, yet dries quickly. Examples of these fabrics are Capilene®, MTS® and Thermax®.

- Always test your layers before a trip. Your outer layer should fit easily over the inside ones without binding and bunching up.

- Stuff sacks are great for sorting your gear. Use different sizes and colors to differentiate the contents. Plastic bags work great for sorting out dirty or wet clothing.

- You may want to bring a rain cover or some trash bags to protect your daypack, should it rain.