



## Costa Rica Conservation Program – Equipment List

The following list should contain most of the necessary items for the program. Please keep extra items to a minimum and try to travel as lightly as possible!

Check with your airline to see if your checked baggage will be restricted by weight or size. The gear you need for the program should easily fit into 1 or 2 pieces of checked luggage. You will need a back-packing pack, suitable for transporting 4-6 days of clothing and equipment on your back in the field. You should also carry-on a day-pack (backpack). We suggest that you carry with you a change of clothes and personal items (e.g. toothbrush), in case your bags are delayed. Please make sure you have the general equipment. Some items are suggestions, others are mandatory; **please realize that your ability to participate in all fieldwork activities, and therefore the quality of your experience and that of others, will depend on the quality of your gear.** You may have other needs so please do not forget items particular to yourself. Finally, please feel free to ask us questions about gear.

### Field Equipment

- Binoculars\*\*\*
- Day pack
- Water bottles (i.e. Nalgene; at least 2L total)
- Pens/pencils
- Sunglasses
- Watch (preferably digital)
- Laptop\*\*
- Camera/film/batteries
- Jump-drive\*
- Mosquito spray/lotion\* (can also be purchased in country)

\* Optional

\*\* Please note that every student does not need to bring his or her laptop – in fact this is discouraged. You may communicate with your fellow students prior to the program to figure out who will bring laptops (we must have at least one lap top for every two students). Secure storage will be available.

\*\*\* Each student will need a pair of binoculars to conduct fieldwork. High quality binoculars are a very good investment, will not become obsolete, and can last a lifetime. Binoculars should be 7x to 10x power. Visit [Eagle Optics](#) or [B&H Photo](#); read a great guide to buying binoculars [here](#).

### Books

- [Rite in the Rain](#) (pocket-sized small hardcover book, waterproof paper; model 370F-M)^
- Small 3-ring [binder](#) (5.5 x 8.5” size) with 100 pages of paper^
- 1 or 2 novels
- Notebook
- Spanish/English dictionary (optional)

### Money & Important Documents

- Passport
- Credit card
- ATM card
- Cash
- Driver’s license/ID
- Travel itinerary, medical insurance card

## Camping Equipment

- Tent\*\*
- Light sleeping bag liner (or one or two sheets and a light blanket)\*\*\*
- Sleeping pad (lightweight, i.e. Thermarest)
- Travel pillow\*
- 60-70L backpack (to carry gear for 4-6 days)
- Camp bowl, cup, cutlery
- Travel mug\*
- Pocket knife/multi-tool
- Crazy Creek type chair\*
- Camp towel
- Pack cover
- Headlamp
- Extra batteries for headlamp
- Extra flashlight or small travel lantern
- Travel guitar or other instrument\*
- Ear plugs, ear buds (for sleeping/studying)\*
- Seam sealant for tents\*
- Thermarest repair kit\*
- Repair tape (i.e. [Tenacious Tape](#))
- Zip-lock bags for storing electronics, batteries, etc.

\* Optional

\*\* Make sure your tent is lightweight, durable, and waterproof (has a good fly that covers the entire tent and offers a vestibule under which to store your pack overnight).

\*\*\* Nights will be warm and humid. We recommend bringing one or two single sheets and a light blanket, or a sleeping bag liner, rather than a sleeping bag.

## Clothing & Footwear

- Underwear
- 2-3 T-shirts (cotton)
- 2-3 Tank tops
- Shorts (1-2 pairs)
- Athletic Shorts (2 pairs)
- 2 Light-weight long-sleeve shirts
- Jeans (1 pair)\*
- Lightweight fleece jacket or hoody (or similar)
- Quick-dry hiking pants (1 pair)
- Rain coat (lightweight)
- Rain pants (lightweight)
- Tall hiking socks (4-5 pairs)
- Hiking boots\*
- Tall rubber boots\*\*
- Running shoes/sneakers
- Bandana
- Swimsuit
- Sandals (i.e. Chacos, Crocs, flip-flops)
- Baseball cap/visor
- One nice outfit (i.e. skirt and blouse; khaki shorts and a button down shirt)

\* Optional

\*\* Tall rubber boots (i.e. just below the knee) are required for hiking in most areas, and provide additional protection against snakes and insects. Make sure your rubber boots are comfortable and durable, as you will be wearing these almost every day. Ensure your boots have no leaks and have good tread. Bring a few pairs of tall hiking socks to wear with these boots. You may wish to bring hiking boots as well, but you will not be using these often; it is recommended to bring one pair of rubber boots and a pair of running shoes; plus a good pair of sandals (i.e. Chacos).

## Toiletries & First Aid

We will have first aid kits with us at all times, but you should bring a small personal first aid kit, especially for dealing with blisters, splinters, and minor cuts. **If you take prescription medications make sure you bring enough for the entire program.**

- Pain reliever
- Tweezers
- Mole-skin (for blisters)
- Sun block
- Antibiotic ointment
- Band-aids
- Biodegradable camp soap (e.g., Dr. Bronner's)
- Single course of antibiotics, if appropriate for you\* (such as Ciprofloxacin; speak with your doctor about this; a single course can come in handy for infections in remote areas)
- Females may wish to bring medications to treat urinary tract or yeast infections in the field