



Educación para un Futuro Sostenible...Education for a Sustainable Future

Suggested Packing List

The Monteverde Institute recommends that you only bring what you are comfortable carrying on your own. An internal framed backpack or duffle, and a small hand carry, should be fine. Do not over pack as you will want room for items you purchase while in Costa Rica.

Although Monteverde is said to have a wet and dry season, it can be rainy, misty and cool any time of the year. If your course includes traveling to other parts of the country, you will also experience hot, humid weather. We suggest you bring lightweight, easy-drying clothing that can be layered for a **wide range of weather conditions**. Below is a suggested packing list for a two or more week trip.

Clothes

- 3-4 shirts (long and short sleeved shirts)
- 2-3 pairs pants (light cotton or nylon – denim jeans are uncomfortable at high humidity)
- 1 or 2 pairs shorts, skorts, or knee-length skirts
- Socks, including some heavier ones for hiking
- Underwear (a week's worth)
- 1 or 2 sweatshirts or a light jacket – it can be cool and damp. A fleece jacket combined with a windbreaker is fine
- Sneakers, running shoes or comfortable walking shoes
- Waterproof hiking boots or sturdy walking shoes with ankle support (Rubber boots, necessary at times of heavy rain, can be purchased in Costa Rica for about \$10.00). Break them in before you come!
- Bathing suit and beach towel
- Flip flops for using indoors
- Rain gear: sturdy poncho or raincoat, and a compact umbrella
- Hat (baseball cap or sun hat is fine)
- A set of nice-but-casual clothes to wear in the evenings and in San José

Other

- Any prescription medications you may need, along with a copy of the prescription
- Personal toiletries (shampoo, soap, toothbrush, tampons, etc.)
- Extra eyeglasses, contact lenses (and a copy of the prescription), contact lens solution
- Insect repellent
- Towel
- Sunscreen with SPF 30 or higher
- Alcohol based hand sanitizer
- Flashlight and extra batteries
- Water bottle
- Travel clock or watch with alarm
- Day pack large enough for lunch, water bottle, rain gear, extra layer of clothing, camera, notebooks

NOTE: Except for some prescription items,
ALL of these items can be purchased in Costa Rica.

Optional items

- Camera
- Binoculars
- Earplugs (for noisy hotels)
- Photos of family and friends
- Ziploc bags of different sizes (to keep items from getting wet)
- Padlock
- Money belt or neck wallet
- Swiss army knife (only in checked baggage, NOT in your carry on!)
- Tissue packets
- Small gifts (pens, stickers, etc.)

Additional packing suggestions:

- Put your name on everything: clothing, notebooks, backpack, etc.
- Do not bring expensive jewelry that you are afraid to lose.
- Insure your personal belongings, especially a laptop if you bring one.
- Bring clothing that is versatile and interchangeable: a pair of lightweight khakis can be used hiking or dressed up if you are going out.

ADDITIONAL ITEMS. We encourage you to keep a list of additional items you bring with you. Use this space to write them down, and be sure to bring a copy. As an additional protection in case of lost baggage or theft, consider writing the value of the items you bring, and keep the receipts at home.

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