



Girl Scouts Rainforest, River, & Reef

This is a list of what our instructors deem as fundamental gear for your course. Feel free to bring items that are not on this list, but please keep in mind that you will be responsible for your personal belongings. Do not bring more than you think you will be able to carry.

Prior to leaving our rainforest base, instructors lead students through a process we call the “Duffle Shuffle.” During this process you will be issued the necessary equipment for whichever phase of your course that you are about to embark on. At this time, instructors will advise you as to which of your personal items you will not need or cannot take on course. Any such items will be stored safely on base and returned to you at the end of your course.

When packing, please keep in mind that Costa Rica has a lot of sun, but at times there can be rain, mud and harsh weather. The right clothing can protect your body from these elements and really make a difference in your comfort level. If you have any questions about these packing list items, please email girlscouts@OutwardBoundCR.org or call 1-800-676-2018.

Item List

Personal Clothing

- 2 Pairs of casual/street clothes for travel days
- Underwear - lightweight, fast drying, non-cotton is preferable
- 3 Pairs (minimum) of hiking socks – wool or synthetic, such as Smartwool
- 4-5 T-shirts/tank tops - non-cotton, fast-drying, and/or wicking fabric highly preferable
- 2 Pairs of shorts – lightweight, fast drying and/or non-cotton is preferable; at least one pair should be modest (i.e. loose fitting and comes to the mid-thigh, appropriate for dress in conservative communities and homestay environments)
- 1 Pair of pants – lightweight, non-cotton (for mosquito protection)
- 1 Long sleeve shirt – lightweight, non-cotton (for mosquito protection)
- 1 Pair of jeans or other comfortable pants
- 1 Fleece jacket – at Base Camp and during your hiking phase, you will encounter cold nights



- 1 Bandana – You can also purchase an OBCR bandana on base for \$5
- 1 Baseball cap or wide brimmed hat for sun protection
- 2-3 Comfortable sports bras – non-cotton is preferable

Rain Gear

You will get rained on during your course. Rain gear can make or break your trip.

- 1 Lightweight waterproof/breathable rain jacket with a hood. Check at your local outdoor store (REI, EMS, etc.) for their store brand of jacket.
- 1 Large waterproof backpack cover (to fit an 80 liter backpack)
- 1 Pair of gaiters, medium height – Gaiters are a valuable piece of equipment that help to keep water, mud and other debris out of your hiking boots
- 1 Poncho with a hood (You will want both a rain jacket and a poncho)

Footwear

- 1 Pair medium-weight, high-top hiking boots** – Make sure these boots are comfortable and come up above the ankle for good ankle support.
- 1 Pair non-Velcro sandals with ankle straps OR neoprene scuba/surfing shoes with a rubber sole OR FiveFingers/barefoot type shoes. This is to protect your feet while whitewater rafting. We recommend Chacos, Keens or Texas. Crocs are not recommended
- 1 Pair of flip-flops (for the beach/casual days)
- 1 Pair of running or tennis shoes

Important note about hiking boots: BREAK IN YOUR BOOTS! If you purchase new boots, follow the advice of the sales representative/boot manufacturer as to the length of time you need to wear your boots to sufficiently break them in before arriving. The more you wear your boots before you arrive the less chance you'll have of getting bad blisters. Students have had to leave their courses because of bad blisters caused by new boots. Don't let this happen to you!

Swim Apparel

- 1-2 Swimsuits –1 or 2-piece sports suits are recommended.
- 1 Board shorts, swim trunks or similar non-cotton shorts for whitewater rafting (Mid-thigh length provides the most comfort during water activities)

Personal Gear

- 1 Book bag or day pack – We will provide a large hiking backpack/duffel bag to carry all your belongings, but for days at the beach you may want your own smaller bag. (REI Flash 18 is a good, pack-down option)
- 1 Pair UVA/UVB protection sunglasses - Polarized lenses are best for water activities.
- 2 Nalgens or other wide-mouth water bottles – 1L each
- 1 Carabineer – nothing fancy
- 1 Fox 40 whistle (non-cork ball)
- 1 Headlamp with extra batteries
- 5 Large Ziploc-type plastic bags
- 1-2 Bottles of insect repellent
- 1 Aloe Vera gel or other sunburn cream
- 1 Lip salve or balm with sunscreen
- 1 Bottle of waterproof sunscreen (SPF 30 or higher. Sports SPF 50 stays best during water activities)
- 1 Tube Zinc oxide sun protection (Best sunscreen for those who burn easily)
- 2 Quick-dry pack towels (one must be full-sized) – OBCR does not provide towels. These towels should be quick-dry as regular towels will not dry and become heavy and bulky on course. Check your local outdoor retailer (i.e. REI, EMS) for options.
- 1 Personal journal, paper, envelopes, and pens – We gladly provide postage for letters home
- 1 Small dry bag – available at outdoor retail stores.

Toiletries

Your toiletry kit should include toothbrush, toothpaste, biodegradable soap, biodegradable shampoo/conditioner, foot powder, deodorant (unscented), antibacterial hand sanitizer, brush or comb, extra hair ties, etc.

Because you will be in Costa Rica for a while it is natural to bring large bottles of shampoo/conditioner, sunscreen, toothpaste etc. However, you will not want to carry these large bottles in your backpack during the hiking section. Please bring small refillable bottles (travel size) to carry while backpacking. Your back will thank you.



Medical

- Moleskin or Molefoam for blister protection (Strongly recommended)
- Feminine items – bring a good supply even if you do not expect to need them. You DO NOT want to be surprised on course. We recommend tampons without plastic applicators or that are biodegradable, but please bring whatever you normally use.
- If you have any allergies, please bring necessary medical treatment in case of an allergic reaction (e.g. EpiPens) – Our First Aid kits have these items for students but in the case of a specific allergy, it is recommended you bring your own in addition.

NOTE: Instructors carry complete First Aid kits on all courses, so you only need to bring medications that are specific to your needs. If you are taking prescription medicines or have glasses/contacts, bring backup supplies (up to twice the normal amount – in case of loss/emergency).

Travel Documents & Money

- Your passport (must be valid for at least six months from your departure from Costa Rica)
- Your plane ticket and a copy of your flight itinerary to assist us in planning transportation for your return flight
- A photocopy of the picture ID page of your passport
- \$200 USD and/or Credit Card for medical emergency and personal purchases. Students will not need to carry money with them but will have access to it when they visit a local artisan market. For your cash, please do not bring dollar bills larger than \$20, as many vendors do not accept larger bills.
- \$29 USD for Costa Rican airport tax (Paid at the airport prior to check-in)

Optional Items

- 1 Pair of lightweight trekking poles – These will protect your knees during the hiking phase.
- 1 Camelback – Helpful as a water source on long hikes, you will only need to bring the plastic bag and hose, backpack not necessary.
- 2-3 Pairs of synthetic sock liners – Not cotton
- 1 Extra pair of boot laces
- 1 Rash guard - tight fitting shirts (usually made of polypropylene). They need to be skin tight to work.
- Camera(s) – Waterproof recommended if you have one. If you bring a more expensive camera, we recommend a small dry bag or other waterproof case to store it. If you bring a digital camera,

consider bringing extra batteries and memory cards as you will not have a change to back up your memory cards and in certain cases may not be able to recharge your camera.

- 1 Rash guard – This is a tight-fitting shirt (usually made of polypropylene) used during water activities such as whitewater rafting.
- 1 Long underwear layer (top & bottom) - light to medium weight synthetic material such as polypropylene. If you get cold easily you will want this to sleep in the mountains.
- 2 Secure straps (“Croakies”) for your sunglasses and/or glasses, if applicable.
- 1-2 Books for your reading pleasure
- 1 Travel size sewing kit
- 1 Spanish-English dictionary
- 1 Deck of cards or other card games
- 1 Box/bag of Baby Wipes
- 1 Beach towel or sarong
- Snacks – For those who have severe food allergies, this is highly recommended.
- 1 Travel pillow, if desired

Outward Bound Costa Rica Provides

- Hiking backpack (80 liters)
- Sleeping bag and pads
- Meal kit
- All necessary equipment for river and other adventure activities

Items Not Allowed On Course

The following items will not be allowed while you are on course. These items will need to be left at base once you start your course, and you will not have access to them again until the last day of your course. You may consider leaving them at home:

- Cell phones – Cell phones will most likely not work once you land in Costa Rica and therefore are only useful in US airports. Regardless of service, they are not permitted on course. This applies for iPhones and smart phones as well. Students will NOT be allowed to have a phone on course even if this device is their only camera.
- iPods or other music devices
- Watches/clocks

- Pocket knives or multi-tools – We supply all the cutting implements you will need for your course; personal ones will need to be left on base.
- Lighters – Our instructors carry all fire-starting devices you will need for camping and cooking activities on course.
- Any other personal electronic devices

Please also refer to your Information Packet for additional items that are not allowed on course. We take this very seriously. Violations are grounds for expulsion from course. If you have questions, please contact our Girl Scouts Coordinator.

We look forward to a fantastic life-expanding adventure with you!

