



Girl Scouts Scuba & Sea Turtle Adventure

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

- 1-2 Pairs of casual/street clothes for travel days
- Underwear - lightweight, fast drying, non-cotton is preferable – You will be wearing a swimsuit the majority of the time, so you will only need a few pairs.
- 1-2 Comfortable sports bras – non-cotton is preferable
- 2 Pairs of socks
- 3 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)
- 1 Pair of black pants - lightweight, non-cotton (for mosquito protection). Please note this item must be black for sea turtle conservation work.
- 1 Long sleeve black shirt – lightweight, non-cotton (for mosquito protection). Please note this item must be black for sea turtle conservation work.



- 1 Fleece Jacket or sweatshirt – at Base Camp you will encounter cold nights
- 1 Baseball cap or wide brimmed hat for sun protection
- 1 Sundress or sarong to wear over swim suit
- 1 Pair of pajamas – lightweight strongly recommended for Panama climate

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.

Footwear

Proper footwear is an important aspect of scuba diving. For that reason, we strongly recommend you purchase either 3mm dive booties or socks (see descriptions below); this item usually ranges from \$10-\$40 in price and is used to protect your feet from coral and sea urchins in the water as well as to provide the best comfort while diving. Alternatively, you may use synthetic, tight-fitting socks as long as they are non-cotton and do not have seams that cause friction. The wrong socks will be highly uncomfortable and will result in blisters that could prevent you from continuing your scuba diving certification course.

Please let us know if you have any questions regarding the following footwear:

- 1 pair of 3mm scuba/dive booties or 1 pair of 3mm scuba/dive socks – These can be found at most watersport/scuba stores. This option will ensure the best fit and comfort.
- Alternative: 1 Pair of non-cotton, synthetic, tight-fitting socks, used exclusively for diving (Please contact us with any specific questions).
- 1 Pair non-Velcro sandals with ankle straps or FiveFingers/barefoot type shoes. We recommend Chacos, Keens or Tevas. Crocs are not recommended
- 1 Pair of flip-flops (for the beach/casual days)
- 1 Pair of short dive fins – This is optional and is only recommended if you already own or have access to a pair. We provide fins but they are general sizes that are not always the best fit for every student.

Swim Apparel

- 1-2 Swimsuits – 1 or 2-piece sports suits are recommended.
- 1 Board shorts or swim trunk – Mid-thigh length provides the most comfort during water activities.
- 1 Rashguard or tight fitting synthetic shirt with UV protection

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 Water bottles, 1L each – Wide-mouth preferable (ie Nalgene)
- 1 Fox 40 whistle (non-cork ball)
- 1 Headlamp with extra batteries with red option (either red light or cover) – Red light is necessary for sea turtle conservation work.
- 5 Large Ziploc-type plastic bags
- 1-2 Bottles of insect repellent – The bugs can be very bad in Panama. Make sure to get a brand that works well for you.
- 1 Aloe Vera gel or other sunburn cream
- 1 Lip salve or balm with sunscreen
- 1-2 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)
- 1 Toiletry kit with travel size bottles: toothbrush, toothpaste, biodegradable soap, biodegradable shampoo and conditioner, foot powder, deodorant (unscented), antibacterial hand sanitizer, brush or comb, extra hair ties, etc.
- 1 Pack towel – Quick-dry material strongly recommended. OBCR does not provide towels.)
- 1 Full size bath towel and/or beach towel – Quick-dry material strongly recommended. Optional if your pack towel is full size.
- 1 Personal journal, paper, envelopes, and pens – We gladly provide postage for letters.

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

- 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.
- 1 Bottle of “Swimmer’s Ear” or other ear drops that help prevent infections from water (Recommended, but not required)
- AfterBite or Calamine lotion to soothe bug bites (Recommended, but not required)

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 three copies of your flight itinerary – It is required to present a copy of your flight itinerary for the border crossing from Costa Rica to Panama. If you haven’t done so already, please also email a copy of your flight itinerary to girlscouts@OutwardBoundcr.org.
- Three photocopies 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 athletic shoes and socks – may possibly play soccer with the locals.
- 1 Dry bag – Baggage may get wet while traveling on course. Dry bags help protect your valuables. Alternatively, you can line your pack with a plastic bag.
- Camera(s) – Waterproof strongly 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.
- 1-2 Secure straps (“Croakies”) for your sunglasses and/or glasses, if applicable
- Inflatable mat (Backpacking size such as a Thermarest) – We provide non-inflatable sleeping mats. Feel free to bring your own if you prefer.
- 1-2 Books for your reading pleasure (E-readers are not permitted on course)
- 1 Travel size sewing kit
- 1 Travel pillow, if desired
- 1 Spanish-English dictionary
- 1 Deck of cards or other card game
- 1 Box/bag of baby wipes
- 1 Bottle of biodegradable skin moisturizing lotion (if you have dry skin being in the sun so much will make it drier)
- Snacks – For those who have severe food allergies, this is highly recommended. Please pack in a sealable Ziploc bag to protect from insects.
- 1 Bandana – You can also purchase an OBCR bandana on base for \$5
- Crazy creek chair

Outward Bound Costa Rica Provides

- Hiking backpack or large duffle bag – If you have your own you are welcome to bring it.
- Sleeping bag and pads
- Meal kit
- Scuba/snorkel equipment*
- All necessary equipment for river and other adventure activities

If you have a pair of short dive fins and/or a diving mask that fits you well, we encourage that you bring these items for your scuba certification course.

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!

