

## Girl Scouts Catching Waves

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](mailto:girlscouts@OutwardBoundCR.org) or call 1-800-676-2018.

## Item List

### Personal Clothing

- 2-3 Pairs of casual/street clothes for travel days
- 1 Lightweight waterproof/breathable rain jacket with a hood. Check at your local outdoor store (REI, EMS, etc.).
- 6-12 Pair Underwear - lightweight, fast drying, non-cotton preferable
- 2-3 Pairs of socks
- 3-4 T-shirts/Tank tops - preferably non-cotton, fast drying or wicking fabric
- 2-3 Pairs of shorts - lightweight, fast drying, non-cotton
- 1 Lightweight black long sleeve shirt – non-cotton (for mosquito protection)
- 1 Pair of black pants – lightweight, non-cotton (for mosquito protection)
- 1 Fleece jacket or sweatshirt – at Base Camp 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



- 1 Skirt, sundress or Sarong to wear over swimsuit
- 2-3 Comfortable sports bras - non cotton if possible

### Footwear

- 1 Pair tennis shoes/running shoes – necessary for beach games, carrying equipment, playing sports, walking places and service projects
- 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 Tevas. Crocs are not recommended
- 1 Pair of flip-flops (for the beach/casual days)

### Surf Apparel

- 2 Swimsuits – at least one needs to be a sports swimsuit for surfing and beach athletics. 1 or 2-piece sports suits are recommended
- 1 Board Shorts/Swim trunks
- 1 Rash Guard – This item helps prevent rashes from surfing and gives sun protection. It needs to be tight-fitting. Swim appropriate, synthetic shirt that is tight-fitting will work as an alternative, but it should stay put on the body even in the ocean without moving around.

### 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 will 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 the water
- 2 Water bottles, 1L each – Wide-mouth preferable (ie Nalgene)
- 1 Fox 40 whistle (non-cork ball)
- 1 Headlamp with extra batteries and red option (either red light or cover)
- 5 Large Ziploc-type plastic bags
- 1-2 Bottles of bug repellent
- 1 Aloe Vera gel or other sunburn cream
- 1 Lip balm with sunscreen & 1 Vaseline/Carmex for dry lips (if your lips get chapped easily)



- 1-2 Bottles of waterproof sunscreen (SPF 30 or higher. Sports SPF 50 usually stays the best during water activities)
- 1 Tube Zinc oxide sun protection – if you burn easily this is the best sunscreen for you
- 1 Toiletry kit with travel size bottles: toothbrush, toothpaste, biodegradable soap, biodegradable shampoo/conditioner, foot powder, deodorant (unscented), antibacterial hand sanitizer, brush or comb, etc.
- 1 pack towel (Quick-dry material recommended. OBCR does not provide towels.)
- 1 Full size bath towel and/or beach towel (Optional if your pack towel is full size.)
- 1 Personal journal, paper, envelopes and pens – We gladly provide postage for letters home

## 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 a brand of tampons without plastic applicators or that are bio-degradable, but please bring whatever you normally use
- 1 Bottle of “Swimmer’s Ear” or other ear drops that help prevent infections from water (recommended)
- 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

- Crazy creek chair
- 1 Small dry bag (to keep items dry during water activities)
- 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 chance 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
- 1-2 Books for your reading pleasure (E-Readers are not allowed on course.)
- 1 Travel size sewing kit
- 1 Travel pillow
- 1 Mosquito net – keep in mind that some students never end up using it
- 1 Spanish-English dictionary
- 1 Box/bag of Baby wipes
- 1 Bottle of skin moisturizing lotion (if you have dry skin, intense sun exposure will make it drier)
- Snacks – for those who have severe food allergies, this is highly recommended.
- 1 pair of gloves – Work or gardening style. Some students prefer to use these while doing service projects.

## Surfboards

Outward Bound Costa Rica provides surfboards for all students. These boards are made of epoxy and vary in length from 6’2” to 9’ – If you want to use a fiberglass and/or short board, you will need to bring one with you. It is not recommended to buy a board if you are a new surfer just for your course.

If you intend to bring a board with you to Costa Rica:

Ensure that it is carefully packaged for transport.

Be sure to bring all necessary parts: fins, bolts, leash, bag, and any other necessary tools specific to your board.

Think carefully about bringing your own board – It may be damaged in flight or on course. Outward Bound Costa Rica is not responsible for any such damages should they occur.

### 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!

