

## Girl Scouts Sea Turtle Retreat

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 and Panama generally have 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 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.) for their store brand of jacket
- Underwear - lightweight, fast drying, non-cotton (Ex Officio)
- 1-2 Pairs of socks
- 3-4 T-shirts/Tank Tops - preferably non-cotton, fast drying or wicking fabric
- 2 Pairs of shorts - lightweight, fast drying, non-cotton
- 1 Lightweight long sleeve black shirt – non-cotton (for mosquito protection)
- 1 Pair of pants – lightweight, black, non-cotton (for mosquito protection)
- 1 Fleece Jacket or sweatshirt – at Base Camp you will encounter cold nights
- 1 Bandana
- 1 Baseball cap or wide brimmed hat for sun protection
- 1 Skirt, sundress, or Sarong to wear over swim suit

- 2 Comfortable sports bras – non-cotton if possible

### **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
- 2 large plastic trash bags (70-80 liters) – This will help with rain protection for your pack.

### **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

### **Footwear**

- 1 Pair tennis shoes/running shoes – necessary for beach games, carrying equipment, walking places, and service projects
- 1 Pair non-Velcro sandals with ankle straps OR neoprene SCUBA/surfing shoes with a rubber sole OR FiveFinger/barefoot type shoes. We recommend Chacos, Keens or Texas. Crocs are not recommended.
- 1 Pair of Flip-flops (for the beach/casual days)

### **Personal Gear**

- 1 Book bag or day pack – We will provide a very large hiking backpack/duffel bag to carry all your stuff, but you might want your own smaller bag. The REI Flash 18 is a good pack-down option.
- 1 Pair UVA/UVB protection sunglasses - polarized lenses are best for the water
- 2 Nalgens or other wide-mouth water bottles – 1 L each
- 1 Fox 40 whistle (non-cork ball)
- 1 Headlamp with RED LIGHT BULB. Sea turtles are confused by white light. The park rangers will not let you use a headlamp with a white light around the turtles. Bring extra batteries .
- 5 Large Ziploc-type plastic bags

- 1 Bottle 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 Bottle of waterproof sunscreen (SPF 30 or higher)
- 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 Full Size quick-dry pack towel (REI, Costa Rica Outward Bound does not provide any towels)
- 1 Personal journal and pens
- 1 Travel Pillow

## 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

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](mailto: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

- Crazy creek chair
- 1 Small dry bag
- 1 Rash guard - tight fitting shirts (usually made of polypropylene). They need to be skin tight to work.
- Camera(s) – disposable and/or waterproof are the best options. 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. Our staff has had success with the Olympus brand Tough Series.
- 1 Secure straps (“Croakies”) for your sunglasses and/or glasses, if applicable
- 1 Book for your reading pleasure
- 1 Travel size sewing kit
- 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 Beach towel
- 1 Bottle of skin moisturizing lotion (if you have dry skin being in the sun so much will make it drier)
- 1 Pair of gloves- Work/garden type. Some students prefer these for service projects.
- Snacks

### Outward Bound Costa Rica Provides

- Hiking backpack or duffle bag

- 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!