



## Summer Expeditions

This is a list of what our instructors deem as fundamental gear for your courses. 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 will need.

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 rain, mud and harsh weather conditions are possible if not very likely. Good equipment 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 [enrollment@OutwardBoundCR.org](mailto:enrollment@OutwardBoundCR.org) or call 1-800-676-2018.

## Item List: All Courses

These items are required for all Summer Expeditions. See the **Items List: By Course** section to determine what you will need to pack for your specific course(s).

### Personal Clothing

- 1-2 Pairs of casual/street clothes for travel days
- 4-6 pairs of underwear - lightweight, fast drying, non-cotton is preferable – You will be hiking or wearing a swimsuit, shorts or board shorts the majority of the time, so you will only need a few pairs.
- 1-2 Tight-fitting rashguards to protect you from the surfboard, the sun or cold river water.
- 1-2 Comfortable sports bras (for girls) – non-cotton is preferable
- 2-6 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 for hiking; 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 lightweight long pants for protection against insects
- 1 lightweight long-sleeve shirt for protection against insects
- 1 Fleece jacket or sweatshirt – at Base Camp you will encounter cold nights (Cotton sweatshirts are NOT acceptable)
- 1 Baseball cap or wide brimmed hat for sun protection



- 1 Sundress or sarong to wear over swim suit (for girls)
- 1 Pair of pajamas (if you like to sleep in pajamas, many simply sleep in board-shorts or other comfortable clothing)

## Rain Gear

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

- 11 Lightweight waterproof/breathable rain jacket with a hood. Check at your local outdoor store (REI, EMS, etc.) for their store brand of jacket.

## Footwear

- 1 Pair of flip-flops (for the beach/casual days)
- See the **Items List: By Course** section for required footwear on each course

## Swim Apparel

- 1-2 Swimsuits – 1 or 2-piece sports suits are recommended for women.
- 1-4 Board shorts or swim trunk (optional for women) – Mid-thigh length provides the most comfort during water activities (if you like, you can use the board short for your swim suit as well as the casual shorts for camp and travel, generally students will want around 2-5 changes of shorts. This allows 1-2 for water-sports, around camp, and day activities where they will get wet and 1-2 that you keep dry for around camp)

## 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 or for wakeboarding sessions, sail boat day etc, 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)
- 1-2 Carabiners
- 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 (some groups spot turtles on the beach).
- 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



- 1-2 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. Full size beach or bath towels are NOT acceptable during the hiking course. (OBCR does not provide towels.)
- 1 Personal journal, paper, and pens – We gladly provide envelopes and postage for letters.

## Medical

- Feminine items (for women)– 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 bio-degradable, 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 (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 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)

## Items List: By Course



These items are required depending on which course(s) you are participating in. Please contact us if you have any questions about how to pack for each course.

### **Caribbean Scuba & Service**

- 1 Full size beach towel, sarong or lava-lava – Quick-dry material strongly recommended. Optional if your pack towel is full size.
- 1 Rashguard or tight fitting synthetic shirt with UV protection
- Pair of 3mm dive booties or wetsuit socks
- We provide a 3mm short wetsuit for those who prefer to wear it. Most students find the warm tropical water comfortable for our long dives and no need to wear a wetsuit. If you prefer to, you can bring your own wetsuit.
- There is no long hike on this course, but there will likely be time to play soft-ball, volley-ball or soccer with the locals. You will want one pair of lightweight shoes like athletic shoes for this purpose

### **Rainforest Hike & Homestay**

- 1 Pair medium-weight, high-top hiking boots (or another type hiking boot if you prefer). It is important the boot goes above the ankle.
- At least two pairs of your socks must be hiking socks (Merino wool is recommended)
- 1 Pair non-Velcro sandals with ankle straps or FiveFingers/barefoot type shoes. We recommend Keens or Texas. These are for rafting and camp use.
- 1 Waterproof pack cover for an 80 liter backpack
- 1 Rain Poncho (Optional, but useful for hiking)
- 1 Pair of gaiters (Optional, but strongly recommended)
- 1 Camel back or similar water system (Optional)

#### Breaking In Your Hiking Boots

No matter what your choice in footwear, go for at least a few hikes before coming on course. Your feet need time to adapt. This especially holds true if you purchase boots, which may require weeks of regular wear before they feel completely comfortable. 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! It's ideal to hike 10 miles straight in your boots without forming blisters before coming to course.



### **Pacific Surf & Cert Extension**

- 1 Pair non-Velcro sandals with ankle straps or FiveFingers/barefoot type shoes. We recommend Keens or Tevas. These are for rafting and camp use.
- 1-2 Rashguard or tight fitting synthetic shirt with UV protection
- 1 Full size beach towel, sarong or lava-lava – Quick-dry material strongly recommended. Optional if your pack towel is full size.

### **Optional Items (For All Courses)**

- 1 Pair of athletic shoes and socks
- 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 Travel size sewing kit
- 1 Travel pillow, if desired
- 1 Spanish-English dictionary
- 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
- All necessary equipment for scuba, river, and other adventure activities – Please note that our surfboards are mostly for beginners; If you are interested in bringing your own surfboard, please contact us first.

*LIVE THE ADVENTURE*

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### 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 Enrollment Manager.

We look forward to having you join us. Pura vida!

