

## 2018 GSUSA Sea Turtle Retreat Packing List

This is a list of fundamental gear for your course recommended by our instructors. Feel free to bring items that are not on this list, but please keep in mind that you will need to leave behind any non-essential items at our basecamp. Do not bring more than you think you will be able to carry.

At times we do experience delayed baggage due to the airlines. Please pack underwear, shoes and one outfit in a carryon to tie you over until you are reunited with your baggage.

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 your course. 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 and securely on base and returned to you at the end of your course.

When packing, please keep in mind that Costa Rica generally 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.

### Absolute "Musts" Packing List

#### Bring these.

#### **Personal Clothing** 2 Pairs of casual/street clothes for travel days

- Underwear
- 1-2 Pairs of socks
- 3-4 T-shirts/Tank Tops - non-cotton, fast drying or wicking fabric
- 2-3 Pairs of shorts - lightweight, non-cotton
- 1 Lightweight long sleeve black shirt - non-cotton (for mosquito protection and nightly beach patrols)
- 1 Pair of lightweight long black pants - lightweight, black, non-cotton (for mosquito protection and nightly beach patrols)
- 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
- 2-4 Comfortable sports bras - non-cotton
- Lightweight pajamas





## Water Apparel

- 1-2 Swimsuits –1 or 2-piece sports suits recommended
- 1 Board shorts or swim trunk – Mid-thigh length provides the most comfort during water activities
- 1 rashguard, tight fitting with 50SPF sunscreen

## Footwear

- 1 Pair tennis shoes/running shoes – necessary for beach games, carrying equipment, walking, and service projects
- 1 Pair non-Velcro sandals with ankle straps OR neoprene SCUBA/surfing shoes with a rubber sole OR FiveFinger/barefoot 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 daypack – We will provide a large duffel bag for but you might want your own smaller bag.
- 1 Pair UVA/UVB protection sunglasses - polarized lenses are recommended
- 2 reusable water bottles – 1 L each (Nalgene)
- 1 Fox 40 whistle (non-cork ball)
- 1 Headlamp with RED LIGHT BULB. Sea turtles are distracted and confused by white light. The park rangers will not let you use a headlamp with a white light around the turtles. Extra batteries necessary
- 5 Large Ziploc-type plastic bags
- 2 Bottles of bug repellent (Deet for mosquitoes, non DEET for sand flies)
- 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 - 2 Full Size quick-dry pack towel (REI, Costa Rica Outward Bound does not provide any towels)
- 1 Personal journal and pens
- 1 Travel Pillow
- 1 Pair of gloves- Work/garden type. Some students prefer these for service projects.



### 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. Make sure all soap, shampoo, toothpaste, etc are in travel-sized containers (<100ml/3oz). Your back will thank you and you can carry them in your carry-on bag for your flight.

### 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 bio-degradable, but please bring that which you are most comfortable
- 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 (It must be valid for at least six months after your departure from Costa Rica). If you haven't already done so, please send a copy of the photo page to [girlscouts@outwardboundcr.org](mailto:girlscouts@outwardboundcr.org)
- Your plane ticket and copy of your flight itinerary – It is required to present a copy of your flight itinerary upon entry to Costa Rica. If you haven't done so already, please also email a copy of your flight itinerary to [girlscouts@OutwardBoundcr.org](mailto:girlscouts@OutwardBoundcr.org).
- \$200 USD and/or Credit Card for medical emergency and personal purchases. You will not need to carry money with you but you will have access to it when you 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 – check with your airline carrier as this charge may be included in the price of your airline ticket



## Optional Items Packing List

**These can be packed, however you may not need them.**

- 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, bring an extra memory card and batteries as you will not be able to recharge your camera.
- 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
- 1 Spanish-English dictionary
- 1 Box/bag of Baby wipes
- 1 Bottle of skin moisturizing lotion (if you have dry skin being in the sun so much will make it drier)
- A box of Girl Scout cookies for your instructors (many of our Costa Rican instructors have never had a Girl Scout cookie before)
- Swaps for all the girls in your group and instructors (ask Girl Scout Coordinator for exact numbers a couple of weeks before your trip)

## Outward Bound Costa Rica Provides

- Hiking backpack or duffle bag
- Sleeping bag and pads
- Meal kit
- Tents
- All necessary equipment for 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!

