**Girl Scouts Rainforest, River, & Reef**

This is a list detailing our instructors’ recommendations for fundamental gear for your course. Feel free to bring items that are not on this list, but please keep in mind that you do not want to hike with unnecessary items. Do not bring more than you think you will be able to carry.

We do experience delayed luggage by the airlines. Please, carry on with you sufficient underwear, hiking boots and a days worth of clothing until we can reunite you with your luggage.

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 including a hiking backpack. 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 securely and 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.

**Recommended Packing List**

**Personal Clothing**

* 2 Pairs of casual/street clothes for travel days
* Underwear - lightweight, fast drying, non-cotton
* 3 Pairs (minimum) of hiking socks – wool or synthetic, such as Smartwool
* 4-5 T-shirts - non-cotton, fast-drying, and/or wicking fabric
* 2 Pairs of shorts – lightweight, fast drying and/or non-; at least one pair should be modest (i.e. loose fitting and comes to the mid-thigh, appropriate for dress in conservative communities and homestay environments) . One pair of shorts will be for hiking
* 1 Pair of pants – lightweight, non-cotton (for mosquito protection)
* 1 Long sleeve shirt – lightweight, non-cotton (for mosquito protection)
* 1 Pair of jeans or other comfortable pants for the homestay and city
* 1 Fleece jacket – nights at base camp and on the hike can be cold
* 1 Bandana – You can also purchase an OBCR bandana on base for $5
* 1 Baseball cap or wide brimmed hat for sun protection
* 2-3 Comfortable sports bras – non-cotton

**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.
* 1 Large waterproof backpack cover (to fit an 80 liter backpack)
* 1 Pair of gaiters, medium height – Gaiters are a valuable piece of equipment that help to keep water, mud and other debris out of your hiking boots
* 1 Poncho with a hood (You will want both a rain jacket and a poncho)

**Footwear**

* 1 Pair medium-weight, high-top hiking boots\*\* – Make sure these boots are comfortable and come up above the ankle for good ankle support.
* 1 Pair watershoes (ie- non-Velcro sandals with ankle straps – Chacos, Keens, Tevas, etc OR neoprene scuba/surfing shoes with a rubber sole OR FiveFingers/barefoot shoes) These are to protect your feet while whitewater rafting.
* 1 Pair of flip-flops (for the beach/casual days)
* 1 Pair of running or tennis shoes

\*\*Important note about hiking boots: **BREAK IN YOUR BOOTS!** 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 your wear your boots before you arrive the less chance you’ll have of getting bad blisters. Students have had to leave their course because of bad blisters caused by new boots. Don’t let this happen to you!

**Swim Apparel**

* 1-2 Swimsuits –1 piece sport suits for activities, 2-piece suits are for backup
* 1 Board shorts, swim trunks or similar non-cotton shorts for whitewater rafting (Mid-thigh length provides the most comfort during water activities)
* Rashguard with +50 SPF for sun protection, should be skin-tight

**Personal Gear**

* 1 Book bag or day pack – We will provide a large hiking backpack to carry all your belongings, but for the city tour day, you may want your own smaller bag
* 1 Pair UVA/UVB protection sunglasses - Polarized lenses are best for water activities.
* 2 Nalgenes or other wide-mouth water bottles – 1L each
* 1 Carabineer – nothing fancy
* 1 Fox 40 whistle (non-cork ball)
* 1 Headlamp with red light option and extra batteries
* 5 Large Ziploc-type plastic bags
* 1-2 Bottles of insect repellent with DEET
* 1 Aloe Vera gel or other sunburn cream
* 1 Lip salve or balm with sunscreen
* 1 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)
* 2 Quick-dry pack towels (one full-sized) – OBCR does not provide towels. These towels must be quick-dry as regular towels will not dry and become heavy and bulky on course. Check your local outdoor retailer (i.e. REI, EMS) for options.
* 1 Personal journal, paper, envelopes, and pens – We gladly provide postage for letters home
* 1 Small dry bag – available at outdoor retail stores.

**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**

* Moleskin or Molefoam for blister protection
* 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 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.

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 aftr your departure from Costa Rica)
* Your plane ticket and a 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).
* 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 although most US airlines now include the tax in the price of the ticket

**Optional Items**

* 1 Pair of lightweight trekking poles – These will protect your knees during the hiking phase.
* 1 Camelback – Helpful as a water source on long hikes, you will only need to bring the bladder and hose, backpack not necessary.
* 2-3 Pairs of synthetic sock liners – Not cotton
* 1 Extra pair of boot laces
* 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 Long underwear layer (top & bottom) - light to medium weight synthetic material such as polypropylene. If you get cold easily you will want this to sleep in the mountains.
* 2 Secure straps (“Croakies”) for your sunglasses and/or glasses, if applicable.
* 1-2 Books for your reading pleasure
* 1 Travel size sewing kit
* 1 Spanish-English dictionary
* 1 Deck of cards or other card games
* 1 Box/bag of Baby Wipes
* 1 Bathing suit cover up
* Snacks – For those who have severe food allergies, this is highly recommended.
* 1 Travel pillow
* Inflatable sleeping pad (we provide foam z-rest style sleeping mats, if you need extra padding you may want to bring your own thermarest or similar style mat)
* Hammock
* 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 (80 liters)
* Sleeping bag and pads
* Meal kit
* All necessary equipment for adventure activities
* Trail mix and snacks

**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
* 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!