**Girl Scouts Service Challenge**

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

We do experience delayed luggage due to the airlines, please pack underwear, shoes and an outfit for at least one day, until you are reunited 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. 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 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.

**Essential Packing List**

**Personal Clothing**

* 2 Pairs of casual/street clothes for travel days
* 2-3 Pairs of clothes for service projects – these may get ruined, so don’t bring your favorites
* Underwear - lightweight, fast drying, non-cotton
* 2-3 Pairs of socks
* 4-5 T-shirts/tank tops - non-cotton, fast-drying, and/or wicking fabric
* 2 Pairs of shorts – lightweight, fast drying, non-cotton; 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)
* 1 Pair of black pants - lightweight, non-cotton (for mosquito protection)
  + - Please note this itemmust be blackfor sea turtle conservation work.
* 1 Long sleeve black shirt – lightweight, non-cotton (for mosquito protection)
  + - Please note this item must be black for sea turtle conservation work.
* 1 Pair of jeans or other comfortable pants
* 1 Fleece jacket or sweat shirt – 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

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

**Swim Apparel**

* 1-2 Swimsuits –1 one piece sports suit and a 2-piece for back up.
* 1 Board shorts or swim trunk – Mid-thigh length provides the most comfort during water activities
* Rashguard with +50 SPF for sun protection, should be skin-tight

**Footwear**

* 1 Pair sturdy running/tennis shoes for service projects and possible hikes
* 1 Pair watershoes (ie- non-Velcro sandals with ankle straps – Chacos, Keens, Tevas OR neoprene scuba/surfing shoes with a rubber sole OR FiveFingers/barefoot shoes) This is to protect your feet while whitewater rafting. Crocs are not recommended.
* 1 Pair of flip-flops (for casual days)

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**Personal Gear**

* 1 Book bag or day pack – We will provide a large duffel bag to carry all your belongings, but for days at the beach you may want your own smaller bag.
* 1 Pair UVA/UVB protection sunglasses - polarized lenses recommended
* 2 Water bottles, 1L each – Nalgene, Camelbak, Contigo, etc.
* 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 work.
* 5 Large Ziploc-type plastic bags
* 1-2 Bottles of insect repellent (Deet for mosquitoes, non Deet for sand flies)
* 1 Aloe Vera gel or other sunburn cream
* 1 Lip salve or balm with sunscreen
* 1 Bottle of waterproof sunscreen (SPF 30 or higher)
* 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/conditioner, deodorant (unscented), antibacterial hand sanitizer, brush or comb, etc.
* 1 – 2 pack towels (Quick-dry material . OBCR does not provide towels.)
* 1 Personal journal, paper, envelopes and pens – We gladly provide postage for letters home

**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 and/or are bio-degradable, but please bring whatever you are most comfortable using.
* 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 after 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**

* 1 Pair of gloves – Work/garden type. Some students prefer to wear these for service projects.
* 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.
* Crazy creek chair
* 1 Small dry bag – to keep your personal items dry during water activities
* 1-2 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 Box/bag of Baby Wipes
* Snacks – For those who have severe food allergies, this is highly recommended.
* 1 Travel pillow, if desired
* 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
* 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!