



Rainforest Packing List

CLOTHES

You will want long pants, tall socks, long sleeves, and closed toed shoes for hiking in the forest. The rest of the time you'd be fine with shorts, short sleeves, and ankle socks. Zip-off pants gives you a quick change to shorts. Fabrics should all be quick-dry synthetics or cotton sheeting, no jeans. If your underwear is synthetic, you can wash it in the sink and hang in the bathroom overnight, reducing the number you need to bring, but you will want fresh socks daily.

Shoes: I caution against sandals, anywhere outside the room, unless we get to go to the water park. Tennis shoes or hiking shoes are all-purpose (if you are getting new shoes, break them in first!) Wellington boots are absolutely necessary!

Other items: Rain poncho, hat (bucket, baseball cap, etc.), bandana, sweatshirt, windbreaker, or flannel overshirt. For sleepwear, gym shorts and a tee are recommended. When we see the final itinerary we'll know if we need a swimsuit.

TOILETRIES

Sunglasses, personal hygiene items (lodging provides shampoo and usually a body wash. If you bring your own, think unscented and biodegradable), hand sanitizer, insect repellent (DEET dissolves plastic, like the straps on your camera and binocs so avoid that). Sample sizes are plenty for most of these.

EQUIPMENT

BPA free water bottle, flashlight, binoculars, extra batteries, chargers for your phone and watch, journal and pens, daypack to carry equipment on hikes, a large Hefty trash bag (the large trash bag can keep your boots from getting everything else dirty) and several Ziplocs (to help protect things from moisture).

Your phone or a headlamp is fine for in the room, but the phone isn't good enough for night hikes and the headlamp attracts a cloud of gnats and moths in front of your face outdoors, so bring a real flashlight!

Stick address labels on binocs, phone, camera, chargers.

OPTIONAL

A book to read on the plane, small games like cards or Bananagrams, trekking pole(s) with address labels stuck on, extra pair of glasses.

PERSONAL

Medications, passport, insurance card(s), cash credit card, pocketknife, art supplies.

GENERAL TIPS ON PACKING

Documents: Keep your passport and cash/credit card in a pouch next to your body, inside your clothes, and put a copy of the front page of your passport somewhere else in your luggage as a back-up. Your passport and the copy of the first page or a card with the number on it should not be in the same place! Bring a copy of the phone numbers for our lodges that we provide and leave another copy with your emergency contact persons.

Credit Card: Your credit card company should be alerted that you are traveling outside the country. Contact your credit card company and ask about ATM charges

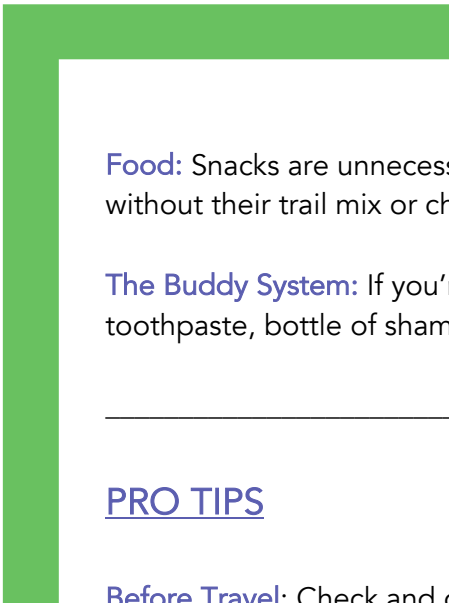
Cash: US currency is commonly accepted.

Luggage: One bag and one backpack or carry-on should do it. Remember you'll have to carry everything!

Stuff: Insect repellent can be spray-on for clothing and lotion or wipes for exposed skin. First aid kits are stocked wherever we go, but many people like to bring their own Imodium, a couple of Band-Aids, itch balm, and maybe a broad-spectrum antibiotic. If you are a person who experiences gastric upset simply from a change in water or diet, I have found that taking one or two chewable Pepto Bismol tablets before each meal prevents any unpleasantness.

Please discard all packaging materials from any of these items before packing.

Moisture: If you pack clothes in 2–3-gallon Ziploc bags you can keep clean separated from dirty, organize your stuff, and keep it from getting wet. Extra Ziplocs allow you to keep brochures, ticket stubs, your journal, and other paperwork from absorbing moisture and keep your souvenirs clean. Packing your camera, binoculars, and cell phones in a bag with several silica gel packs or even a couple of tampons helps prevent fogging up or moisture damage.



Food: Snacks are unnecessary, but I know a lot of people wouldn't dream of leaving home without their trail mix or chewing gum. Just be sure it's sealed tightly so as not to attract ants.

The Buddy System: If you're traveling with a friend, decide ahead to share a single tube of toothpaste, bottle of shampoo, repellents, sunscreen, etc. so you can pack less.

PRO TIPS

Before Travel: Check and copy (front/back) all important documents: Passports, tickets, insurance and itinerary info, prescriptions, ATM & credit cards, but only those you need. **Email yourself all but credit card #s!** Keep a list of items on your phone.

Label your bags. List your cell & destination's details inside, too. Snap a picture of your bags. Your carry-on should have everything you couldn't replace easily if the other bag doesn't make it.

We will send you phone numbers for our guide, our lodges, and the Monteverde Conservation League to leave at home in case you absolutely must be reached. If you have WhatsApp on your phone, that's a good way to message and make calls over WiFi.