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COSTARICA
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COSTA RICA
OUTWARD BOUND

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PO Box 1817-2050
San Pedro, San Jose

GIRL SCOUT CATCHING WAVES PACKING LIST

This is a list of what our instructors deem as fundamental gear for your course. 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 think you will be able to carry.

Prior to leaving our base, instructors lead students through a process we call the "Duffle Shuffle." During this process you will be issued the necessary equipment for whichever part 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 locked in our storage facility 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. Good equipment can protect your body from these elements and really make a difference in your comfort level.

Personal Clothing

- 2-3 Pairs of casual/street clothes for travel days
- 1 Lightweight WATERPROOF/breathable rain jacket with a hood. Check at your local outdoor store (REI, EMS, etc.) for their store brand of jacket
- Underwear - lightweight, fast drying, non-cotton
- 2-3 Pairs of socks
- 3-4 T-shirts - preferably non-cotton, fast drying or wicking fabric
- 2-3 Tank tops
- 2 Pairs of shorts - lightweight, fast drying, non-cotton
- 1 Lightweight long sleeve shirt – non-cotton (for mosquito protection)
- 1 Pair of pants – lightweight, non-cotton (for mosquito protection)
- 1 Fleece Jacket – at Base Camp you will encounter cold nights
- 1-2 Bandanas
- 1 Baseball cap or wide brimmed hat for sun protection
- 1 Skirt, sundress, or Sarong to wear over swim suit
- 2-3 Comfortable sports bras - non cotton if possible

Foot Wear

- 1 Pair tennis shoes/running shoes - good support for uneven terrain/carrying surfing gear
- 1 Pair non-Velcro sandals with ankle straps OR neoprene SCUBA/surfing shoes with a rubber sole. This is to protect your feet during the rafting days. We recommend Chacos, Keens or Texas. Crocs are not recommended
- 1 Pair of Flip-flops (for the beach/casual days)

Surf Apparel

- 2 Swimsuits – at least one needs to be a sports swimsuit for surfing and beach athletics
- 1 Board Shorts/ Swim trunks



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Personal Gear

- 1 Book bag or day pack – We will provide a very large hiking backpack/duffel bag to carry all your stuff, but for days at the beach you will want your own smaller bag
- 1 Pair UVA/UVB protection sunglasses - polarized lenses are best for the water
- 2 Nalgene or other wide-mouth water bottles – 1 L each
- 1 Fox 40 whistle (non-cork ball)
- 1 Headlamp with extra batteries - Energizer brand headlamps have proven to be durable as well as cost efficient for course
- 5 Large Ziploc-type plastic bags
- 1-2 Bottles of bug repellent
- 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)
- 1-2 Bottles 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 Toiletry kit with travel size bottles: toothbrush, toothpaste, biodegradable soap, biodegradable shampoo/conditioner, foot powder, deodorant (unscented), antibacterial hand sanitizer, brush or comb, etc.
- 1 Pack towel (shammy)
- 1 Full size bath towel and/or beach towel (Costa Rica Outward Bound does not provide any towels)
- 1 Personal journal, paper, envelopes, and pens – we gladly provide postage for postcards home

Medical

- Tampons – bring a good supply even if you do not expect to need them. You DO NOT want to be surprised on course. Try to find a brand without plastic applicators or that are bio-degradable
- Menstrual cramp medication recommended if you normally need it
- 1 Bottle of “Swimmer’s Ear” or other ear drops that help prevent infections from water

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)
- Your plane ticket and copies 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 US CASH or Credit Card for medical emergency and personal items

Optional

- Crazy creek chair
- 3mm spring suit (shorty wetsuit) – If you get cold easily, this is a good idea for surfing
- 1 Small dry bag



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- 1 Rash guard - tight fitting shirts (usually made of polypropylene) that help prevent rashes from surfing. They need to be skin tight to work. Costa Rica Outward Bound will provide one, but if you want your own, go for it
- Camera(s) – disposable/disposable waterproof are good 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, consider bringing extra batteries and memory cards.
- 1-2 Secure straps (“Croakies”) for your sunglasses and/or glasses, if applicable
- Camp/travel hammock – “Eagles nest” or Hennessy hammocks made of lightweight nylon are best. Many students buy a traditional hammock in Costa Rica before leaving the country as a souvenir, but this will not be available until the end of the course
- 1-2 Books for your reading pleasure
- 1 Travel size sewing kit
- 1 Travel pillow
- 1 Mosquito net – keep in mind that some students never end up using it
- 1 Spanish-English dictionary
- 1 Deck of cards or other card game
- 1 Box/bag of Baby wipes
- 1 Beach towel
- 1 Bottle of skin moisturizing lotion (if you have dry skin being in the sun so much will make it drier)
- Snacks

Costa Rica Outward Bound Provides

- Hiking backpack or large duffel bag (if you have your own you are welcome to use it)
- Sleeping bag and pads
- Meal kit
- Surfboard/boogie board
- All necessary river equipment

SURFBOARDS:

Costa Rica Outward Bound provides all of the equipment necessary for the surfing sections of your course. **YOU DO NOT NEED TO BRING YOUR OWN BOARD!** It is not a good idea to buy a board if you are a new surfer just for your course!

If you intend to bring a board with you to Costa Rica:

Ensure that it is carefully packaged for transport- if you need suggestions for this, ask!

Be sure to bring all necessary parts: fins, bolts, leash, bag, etc. and necessary tools specific to your board.

Costa Rica Outward Bound provides surf wax.

Think carefully about bringing your own board- it may be damaged in flight or on course. Costa Rica Outward Bound is not responsible for any such damages should they occur.

About our boards: Costa Rica Outward Bound only has boards by NSP. They are made of epoxy and vary in length from 6’2” to 9” – if you want to use a fiberglass and/or short board, you will need to bring one with you.



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ITEMS NOT ALLOWED ON COURSE

The following items will not be allowed while you are on course and will have to be left at our base. 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.

I-pods or other music devices- 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.

Watches/ Clocks- If you are used to checking your wrist every five minutes, it's time to relax. =) If you bring a watch with you, you will be asked to leave it at base. We find that students enjoy themselves much more if they aren't worried about the time.

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- (with the exception of cameras) must be left behind once you start your course, so think carefully before bringing them.

ANY ALCOHOL, DRUGS, CONTROLLED SUBSTANCES (OTHER THAN PRESCRIBED BY A PHYSICIAN) and TOBACCO PRODUCTS ARE FORBIDDEN ON COURSE!

We take this very seriously! Violations are grounds for expulsion from course. If you have questions, please ask.