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COSTA RICA  
OUTWARD BOUND

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PO Box 1817-2050  
San Pedro, San Jose

## SERVICE CHALLENGE 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.**

**Please also keep in mind that being outside and doing service projects may damage your clothes. Do not bring clothes that you are afraid to ruin.**

### Personal Clothing

- 2-3 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 for possible short hike
- 3 T-shirts - highly preferable: non-cotton, fast-drying, and/or wicking fabric
- 2 Tank tops
- 2 Pairs of shorts - lightweight, fast drying, non-cotton
- 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
- 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

### Rain Gear

**\*\*You WILL get rained on during your course. Rain gear can make or break your trip. Take the time and spend the money to get quality rain gear.**

- 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



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## Foot Wear

- 1 Pair sturdy running/tennis shoes for possible short hike
- 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 river section. We recommend Chacos, Keens or Tevas. Crocs are not recommended
- 1 Pair of Flip-flops (for the beach/casual days)

## Surf Apparel

- 1 Rash guard - tight fitting shirts (usually made of polypropylene) that help prevent rashes from surfing. They need to be skin tight to work.
- 2 Swimsuits – at least one needs to be a sports swimsuit for surfing and beach athletics
- 1 Board Shorts/ Swim trunks

## Personal Gear

- 1 Pair of work gloves – depending on what your service focus is, you may need these
- 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 being on water
- 2 Nalgene or other wide-mouth water bottles - 1L 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 insect repellent
- 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 – 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



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**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
- 1 Small dry bag
- 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
- 2 Secure straps (“Crookies”) for your sunglasses and/or glasses, if applicable.
- 1-2 Books for your reading pleasure
- 1 Travel size sewing kit
- 1 Travel pillow
- 1 Spanish-English dictionary
- 1 Deck of cards or other card game
- 1 Box/bag of Baby Wipes
- 1 Beach towel or Sarong
- Snacks

## Costa Rica Outward Bound Provides

- Hiking backpack
- Sleeping bag and pads
- Meal kit
- Surfboard/boogie board
- All necessary river equipment

## 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.



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I-pods or other music devices- These items will be put in our safe at the beginning of the 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.