

## **PACKING LIST – MULTI-ELEMENT COURSES**

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 phase of your course (trekking, surfing, etc.) 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 cold nights are inevitable. Good equipment can protect your body from these elements and really make a difference in your comfort level.**

**\*\*A note on numbers:** If you are on a 15 day course you probably need the minimum number of items listed. If you are on a 24 or 30 day course, you probably need the maximum number of items listed.

### **Personal Clothing**

- 2-3 Pairs of casual/street clothes for travel
- 1 Tight-fitting rash guard for surfing - a tight-fitting t-shirt will do if you do not have one
- Underwear - fast drying and/or non-cotton
- 3 Pairs (minimum) of serious hiking socks – wool or synthetic, such as Smartwool
- 2-3 T-shirts - highly preferable: non-cotton, fast-drying, and/or wicking fabric
- 1-3 Tank tops
- 2 Pairs of shorts - lightweight, fast drying, non-cotton
- 1-2 Pairs of pants - lightweight, non-cotton (for mosquito protection). 24 Day Multi-Element should consider bringing climbing pants (tight fitting and stretchy) as well.
- 1 Long sleeve shirt – lightweight, non-cotton (for mosquito protection)
- 1 Pair of Jeans or other comfortable pants
- 1 Fleece jacket – at Base Camp and during the hiking section, you will encounter cold nights
- 1-2 Bandanas
- 1 Baseball cap or wide brimmed hat

### **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 Poncho with hood (decent strength material). You WILL want both a rain jacket and a poncho.
- 1 Large waterproof backpack cover

## Foot Wear

1 Pair medium-weight, high-top hiking boots.

*\*When you are purchasing new boots make sure they are comfortable and come up ABOVE the ankle for good ankle support. **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 you wear your boots before you arrive the less chance you'll have of getting bad blisters. Students have had to leave their courses because of bad blisters caused by new boots!!! Don't let this happen to you!*

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 Texas. Crocs are not recommended.

1 Pair of Flip-flops (for the beach/casual days)

## For Women

1-2 Swimsuits – at least one needs to be a sports swimsuit

1 Pair of board shorts/swim trunks

2-3 Comfortable sports bras – preferably non-cotton

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

## For Men

1-2 Pairs of board shorts/swim trunks

## Personal Gear

1 Pair 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 Pair UVA/UVB protection sunglasses - polarized lenses are best for being on water

2 Nalgens or other wide-mouth water bottles - 1L each; the lid should be attached to the bottle so you can use a carabineer to hook it onto your backpack

1 Carabineer – nothing fancy

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 Bottle 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 Pack towel (shammy)

1 Full size bath towel and/or beach towel (CRROBS does not provide any towels)

1 Personal journal, paper, envelopes, and pens – we gladly provide postage for postcards home

## Toiletries

Your toiletry kit should include toothbrush, toothpaste, biodegradable soap, biodegradable shampoo/conditioner, foot powder, deodorant (unscented), antibacterial hand sanitizer, brush or comb, etc.

Because you will be in Costa Rica for a while it is natural to bring large bottles of shampoo/conditioner, sunscreen, toothpaste etc. However, you will not want to carry these large bottles in your backpack during the hiking section. Please bring small refillable bottles (travel size) to carry while backpacking. Your back will thank you.

## Medical

Moleskin or Molefoam (for blister protection) is strongly recommended

1 Bottle of Swimmer's Ear to help prevent ear infections while on water phases

**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

1 Pair of lightweight trekking poles – these will protect your knees during the hiking phase.

1 Camelback – just the plastic bag and hose, backpack not necessary. \*Helpful on long hikes.

2-3 Pairs of synthetic sock liners – NOT COTTON

1 Extra pair of boot laces

1 Small dry bag

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.

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.

1-3 Books for your reading pleasure

1 Travel pillow

1 Pair running shoes – not necessary if your sandals are sturdy and good for walking in

1 Spanish-English dictionary

1 Deck of cards or other travel game

1 Beach towel or Sarong

Snacks

24-Day Multi-Element: 1 Pair of climbing shoes and/or personal harness (If you do not already own these things, do not worry about purchasing them, they are for personal comfort only.)

## **CRROBS Provides**

Hiking backpack

Sleeping bag and pads

Meal kit

Surfboard/boogie board

All necessary river equipment

All necessary climbing equipment (24-Day Multi-Element)

## **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 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.