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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

PACKING LIST – WATER & WAVE SEMESTER

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.

Personal Clothing

- 2-3 Pairs of casual/street clothes for travel
- 1-2 Tight-fitting rash guards for surfing
- Underwear – fast drying and/or non-cotton
- 3 Pairs (minimum) of serious hiking socks - wool or synthetic, such as Smartwool
- 4 T-shirts - highly preferable: non-cotton, fast drying, and/or wicking fabric
- 3 Tank tops
- 2 Pairs of modest shorts – lightweight, fast drying, non-cotton (no short shorts please)
- 1 Pair of pants – lightweight, non-cotton (for mosquito protection)
- 1 Pair of Jeans or other comfortable pants
- 1 Lightweight non-cotton long sleeve shirt (for mosquito protection)
- 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
- 1 Beach towel or Sarong

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



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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

- 2 Swimsuits – at least one needs to be a sports swimsuit for surfing and beach athletics
- 1 Pair of board shorts/swim trunks
- 2-3 Comfortable sports bras - non cotton if possible
- 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

- 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 the water
- 2 Nalgens or other wide-mouth water bottles - 1L each
- 1 Camelback - just the plastic bag and hose, backpack not necessary. *Very helpful on long hikes.
- 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
- 1 Box of large Ziploc-type plastic bags
- 2 Bottles of insect repellent



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- 2 Aloe Vera gel or other sunburn creams
- 1 Lip salve or balm with sunscreen
- 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 Pack towel (shammy)
- 1 Full size bath towel and/or beach towel (Costa Rica Outward Bound does not provide any towels)
- 1 Roll Duct tape (small roll)
- 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, etc.

Because you will be in Costa Rica for such a long time 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

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

\$500 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.
- 2-3 Pairs of synthetic sock liners – NOT COTTON



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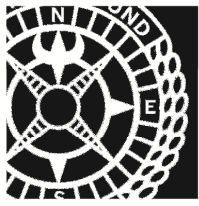
- 1 Extra pair of boot laces
- 3mm spring suit (shorty wetsuit) – only for Fall Semester students. If you get cold easily, this is a good idea.
- 1 Small dry bag
- Camera(s) – disposable/disposable waterproof are good options. If you bring a more expensive camera, we recommend a small dry bag or other waterproof case to store it. If you bring a digital camera, consider bringing extra batteries and memory cards.
- 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.
- 2-3 Books for your reading pleasure
- 1 Winter hat – synthetic or wool, lightweight
- 1 Sweatshirt – for cold days at base
- 1 Travel size sewing kit
- 1 Travel pillow
- 1 Mosquito net – students in the past have said these are VERY helpful for Nicaragua
- 1 Spanish-English dictionary
- 1 Deck of cards or other travel game
- A couple pairs of ear plugs (if you’re a light sleeper, nights at the homestays can be noisy)
- Snacks
- We provide non-inflatable sleeping mats. If you have your own inflatable (backpacking size) sleeping mat and would like to bring it just remember that we are not responsible if it gets damaged. **It is strongly encouraged to bring your own if you might have troubles sleeping on a thin foam pad.**

Costa Rica Outward Bound Provides

- Hiking backpack – 80 Liters (if you have your own you are welcome to use it)
- Sleeping bag and pads
- Meal kit
- Boogie board
- All necessary river equipment

Surfboards:

You can rent a surfboard from Costa Rica Outward Bound for the duration of your course. **YOU DO NOT NEED TO BRING YOUR OWN BOARD IF YOU ARE A NEW SURFER!** If you are an experienced surfer, please read through this information carefully and/or call our office to decide about bringing a board(s).



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Surfboard FAQs:

If I rent from you, what do I need to do to pay for the rental fee and deposit?

Costa Rica Outward Bound charges a fee – in addition to the course tuition – to use one of our boards. You can pay this fee along with your course tuition. Simply add the appropriate amount to your final tuition payment.

We also ask that all students bring a personal check to be left with our Communications office. The check should be made out to “CRROBS” for \$150 and needs to be payable in US dollars and through a US bank. This check will be cashed if the student loses or breaks their rental board. Otherwise, the check will be sent home with the student at the end of course. If you are not renting a board, you don’t need any of the above items.

What kind(s) of boards are available for use if I rent from Costa Rica Outward Bound?
All boards are NSP, epoxy boards and range in size from 6’4” to 9’. The shortest boards available are “fish” styles. These boards are most appropriate for beginner and advanced beginner surfers. Keep in mind that the waves in Costa Rica are more advanced (generally) than elsewhere. Thus, you may want or need to use a bigger board than you’re used to!

I’m an experienced/intermediate surfer and have my own board, should I bring it with me?
If you are used to a fiberglass and/or traditional short board, you should consider bringing your own board. We also do not have any skim boards available.

Would I be able to buy a board while I’m in Costa Rica?

No. Doing so will impact the amount of time available for all students to be surfing.

I want to bring my own board. What should I do?

- Contact your airline to see if they can accommodate oversize luggage on all of your flights (some smaller airplanes cannot carry surfboards) and the fees associated with bringing your board.
- When you input your flight information into our system, check the box to indicate you will be traveling with a board(s).
- 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.
- Please note that the student is solely responsible should a personal board be lost or damaged during course or in flight.



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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 – this includes I-phones and other smart phones that you might consider to be your camera.

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.