



Professionally Leading Worldwide Birders

www.costaricabirdingjourneys.org

What to bring on your trip to Costa Rica

Clothing

- Tennis shoes with good traction or Hiking boots with good ankle support (waterproof)
- Comfortable sandals or flip flops
- Swim wear
- Underclothes and socks
- Neutral colored clothing for rain forest hikes
- Several cool long sleeve shirts and short sleeve shirts
- Hat for sun protection (breathable)
- 2-3 pairs of light weight long pants for rain forest hikes
- Lightweight rain jacket (neutral color only)
- Casual beach clothing(t-shirts, shorts, sun dresses)
- Long pants and a fast drying sweater for the city/mountains (temp. are cooler there)
- Lightweight gloves for cooler areas
- Rubberboots can be bought in Costa Rica for \$7 usd.

Gear

- Small hiking backpack for day trips
- Small first aid kit
- Binoculars
- Camera (optional)
- Sunglasses
- Sun block and Bug Spray (Avon's Skin So Soft)
- Several pencils
- Daily journal
- A passport purse (to carry money, credit cards, etc... wear it close to your body)
- Any needed medications, anti-diarrhea, or any prescriptions
- Flashlight
- Alarm Clock

Money,credit cards, identification

- About \$50-200 in cash (not tears in bills, small bills are better)
- Travelers checks (American Express or Visa)(can exchange some of them for Colones at the the local banks or hotel front desk)
- Visa credit card widely accepted in Costa Rica, except rural towns(keep phone number of credit card company separate.)
- Passports
- Photo copies of passports and driver's license(kept in a separate place)
- Use a credit card to call US from your hotel room or local phone
- For local calls in Costa Rica, purchase a phone card at pharmacies or supermarkets-use public phones (1000 colones)
- You can also purchase a phone card here for international calls (\$9 for 12 minutes to US)