



## **WHAT TO BRING**

CRE provides all group equipment needed for our adventure excursions. Meals, even at the fanciest Costa Rican hotels, are very informal, so just be comfortable. It does get pretty cool in the evenings (mid 60's) in the mountain areas; so don't get caught with nothing to keep you warm.

To ensure that you are fully prepared for your adventure, we recommend that you bring the following gear (remember to pack lightly):

### **Documents**

- Valid passport (as well as several extra copies)
- Airline tickets
- Itinerary and vouchers (if provided)

### **Luggage**

- Duffel bags, backpacks or soft-sided luggage sturdy and large enough to hold all your clothing
- Small daypack or fanny pack with water bottle holder

### **Attire**

- Walking/hiking shorts (loose with lots of pockets)
- T-shirts or tank tops (including your Costa Rica Extreme shirt)
- Long-sleeve shirts – for extra sun/insect protection
- Lightweight long pants
- Extra underwear
- Lots of socks (the more the better – synthetic blends are best)
- Swimsuits (bring at least two)

### **Outerwear**

- Lightweight jacket, sweatshirt or windbreaker
- Rain jacket/pants or poncho

### **Headgear**

- Wide brimmed sun hat
- Baseball cap(s)
- Bandanna/handkerchief



### **Footgear**

- Casual, comfortable walking shoes
- Lightweight hiking boots
- Teva®-type sandals or water shoes (for rafting)

### **Cycling Attire and Equipment**

- Cycling gloves
- Cycling helmet (or you can utilize ours)
- Cycling shorts (padded)
- Cycling jacket or windbreaker

### **Accessories**

- Water bottle(s)
- Toiletry kit
- Sunscreen and lip protection
- Sunglasses with strap
- Insect repellent and anti-itch cream
- Headlamp or flashlight (with spare batteries)
- Bath towel

### **Optional Accessories**

- Camera, lenses and film (extra battery and extra film)
- Binoculars
- Travel alarm
- Reading and writing material
- Plastic bags – various sizes
- Personal medications
- Extra contact lenses