Packing List Recommendations

 $\underline{www.OurCostaRicaWedding.com}$

877-490-7774

Unsure of what to pack when traveling to Costa Rica? This list should help!

Obviously what you pack depends on how long you plan on traveling, what type of getaway this is, the season you are traveling, the destinations you are visiting, and your personal preferences & needs. This list is going to provide an overview of recommendations to give you a starting point. Everyone's travel style varies greatly - some can travel with a simple bag of a few t-shirts, swimsuit, and the sandals on their feet, while others might bring along a variety of camera equipment or dive gear. So we recommend this list as a general guideline to discover things you might have forgotten, in combination with your personal habits. You will find the quick list here, followed by longer explanations and notes about each section.

Packing List:

Shoes (this is probably the most important section!)

For activities you will want to wear comfortable shoes, but shoes like flip flops are not allowed. Sandals are fine, but they need to have at least a strap going around the back of your foot keeping the shoe in place. As long as the shoe won't leave your foot while zip-lining through the jungle or rafting through rapids, they are acceptable. Heavy boots are not necessary and not recommended.

- Lightweight hiking/walking shoes
- Beach sandals/flip flops
- Dressy sandals (heels not recommended for beach or rainforest weddings- ladies, wedges are a good option)
- Water sandals/hikers wet/dry Keen's and Teva's are both great brands

Toiletries

Obviously this will vary greatly on personal preferences and habits but this is a general list. Products like sun block and bug spray can be expensive and difficult to find in Costa Rica. Small travel size toiletries at stores like Target/Walmart are great and airport-friendly if you only travel with a carry-on.

- Toothbrush and toothpaste
- Brush/comb
- Shampoo and conditioner
- Bodywash/soap
- Deodorant
- Tampons/pads
- Cosmetics
- Razor
- Sunblock
- Bug spray
- Sunglasses
- Contact lenses/glasses/cleaning solutions
- Any personal prescriptions
- Tweezers
- Any vitamins

Along with your regular toiletries you'll want to tuck in some basic first aid items:

- Bandaids
- Eye drops
- Dramamine some roads can cause motion-sickness (we recommended Chewy, Non-drowsy)
- Imodium or Lomotil
- Neosporin or cream for bug bites and small cuts
- Anti-histamine- Zyrtec and Claritin are great over-the-counter options.
- Benedryl for allergic reactions



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Clothes

Costa Rica is generally a very casual country for attire. We recommend light weight, quick-dry clothes for activities and casual dressy for dinners and nightlife. Layers are a great way to be prepared for changing temperatures. Midrange and upscale hotels offer laundry services, generally \$1-2 per item.

If you are traveling to destinations other than beaches, popular destinations like Arenal, Poas, Irazu, and Monteverde are at elevations of approximately 10,000 ft where it is cool enough to want a sweater or jacket. Heating is not common in hotels in Costa Rica. On the flip side of that, air conditioning is pretty common except in remote areas- in Monteverde, Tortuguero, the Osa Peninsula and some southern beaches air conditioning is not available. In these mountain destinations, and even sometimes at the beach, it can be humid. Remember, in the rainforest it can rain at any time, regardless of season.

- * T-shirts, long sleeved if you are prone to sunburn or for jungle exploration
- Shorts, quick-dry if participating in wet activities
- Long pants or convertible pants with zip-off legs
- Swimsuits, sarongs, beach attire
- Nicer dress shirts/blouses for dinners/evenings
- Dress pants/skirts for evenings
- Sundresses/evening casual dresses
- Underwear (couple extra pairs than days you are traveling, in case you unexpectedly get caught in a shower or a
 water adventure activity)
- Socks, yes bring a couple pairs of socks even if you are only wearing sandals- in the rainforest & cloudforest the wood/tile floors of your lodge can be cold at night!
- Cardigan or light pull on/zip up/button up sweater
- Lightweight jacket in the rainforest or cloudforest it can be chilly in the evenings, or you may need protection from afternoon showers
- Hat/baseball cap or sun protection
- For wedding attire, please refer to the Bride & Groom, typically this is indicated on the invitation or wedding website. Beach Formal is generally the most common attire- meaning guys- no need for suits, but let's see khakis & a button-up shirt. Leather sandals are generally appropriate for most beach or rainforest weddings for guys, and dresses for the ladies.

Documents

Always a good idea to bring the following:

- Passport
- Copy of your passport (stored in a different place in your luggage than your passport)
- Driver's license (especially important if doing an ATV tour- anyone driving needs to bring their drivers license)
- Cash U.S. currency is fine and widely accepted
- Credit/debit cards check with your bank for international withdrawal and transaction fees. Also notify them you will be traveling to Costa Rica.
- Insurance card
- Somewhere to carry your docuemnts- money belt, etc...

Books & Maps

Of course you'll want to bring along the waterproof map we have sent you ©

- Guidebook- Fodor, Lonely Planet, or Moon are our recommendations
- Nature Guide
- Spanish/English Phrase book or dictionary



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Miscellaneous

Random Guidebook- Fodor, Lonely Planet, or Moon are our recommendations

- Fishnet or plastic laundry bag, we like to bring a bag along for dirty clothes
- Water bottle or bag (we love these from REI:
- Flashlight
- Book/magazine/something to read
- Deck of cards/entertainment/small backgammon board
- Pocket Knife
- Music/headphones/Ipod
- Ear plugs
- Phone card
- If bringing a computer, we recommend an Ipad or mini-computer
- Internet log ins and password information
- Cell phone if bringing your cell phone for use on the US side of your travels, TURN IT OFF IN COSTA RICA. You can incur high roaming charges between your provider and the Costa Rica phone network. Don't even use it for an alarm clock.
- Speaking of, small alarm clock.

What you might think you need, but you don't:

- * Cell phone (mentioned above), it either will not work or will be very expensive
- 🦫 Wallet- review your wallet, you do not need to bring a Costanza-wallet to Costa Rica 😊
- Purses- Ladies, empty out the things you won't need or the things you don't want to lose
- Jewelry- keep it simple, it's a casual country
- Electric converters are not needed- if you are traveling from the U.S. or Canada the outlets are the same.
- Keys- don't bring a big key ring- you don't need them & if you lose them, it would be a hassle.

Any questions you may have, please feel free to contact us at info@OurCostaRicaWedding.com or Toll Free from US & Canada (877) 490-7774. We're available in the office to assist with planning from 9-5 Monday through (Costa Rica = 6 hours behind Greenwich). If you prefer a time outside normal office hours, we are available outside normal hours by appointment.

We hope you enjoy your time in Costa Rica!

Pura Vida! Your Wedding Team in Costa Rica www.OurCostaRicaWedding.com

