

PACKING LIST COSTA RICA

CLOTHING

- T-shirts / tank tops
- Lightweight shorts and skirts
- Sundresses
- Light rain jacket or poncho (short tropical showers can happen)
- Hoodie or sweater (especially for air-conditioned car rides)
- Light pants or jeans
- Casual but nice outfit for evenings out
- Undergarments and socks
- Sleepwear
- Hat or cap for sun protection
- Sunglasses
- Flip-flops or sandals
- Sneakers / comfortable shoes

SURFING & YOGA

- Beach towel
- Reusable water bottle
- Reef-friendly sunscreen, high SPF (for body and face)
- Swimwear (bikini or swimsuit)
- Rash guard / surf shirt (for extra sun protection)
- Earplugs (if you have sensitive ears with water or wind)
- Yoga wear – breathable and flexible (leggings, sports bra, tank top)

TOILETRIES & PERSONAL CARE

- Toothbrush and toothpaste
- Hairbrush
- Nail clipper / tweezers
- Mosquito repellent
- After-sun lotion or aloe vera
- Hair ties

We provide:

Shampoo, conditioner, body wash, menstrual products and body moisturizer

DOCUMENTS & ESSENTIALS

- Passport and/or ID
- Travel insurance information
- Credit / debit card
- Cash for small expenses or places that don't accept cards
- Personal medication (plus prescriptions if needed)
- Basic travel first-aid items (painkillers, blister plasters, electrolytes)
- Reusable tote or backpack for excursions
- Phone charger (plus power bank if you have one)
- Universal travel adapter (Costa Rica uses US plugs, type A/B)
- Pen and paper
- Book
- Earplugs and eye mask (for light sleepers)