

Packing List

Costa Rica Expedition

Are you ready for your expedition? You are going to have a great time, but you must prepare. In the weeks before departure, check the weather forecast for your destination by visiting the *Travel Lounge* of our website at www.joshuaexpeditions.org and clicking on Travel Links. Weather can be very unpredictable, so be prepared for a variety of conditions.

Allow extra room to bring back any gifts or souvenirs you purchase. We also suggest that you write your name and address on the inside of your suitcase. Put things you might need on the first day into your carry-on. Make sure to keep your money and ID with you during the entire trip.

Pack comfortable, lightweight clothes and the following items:

CLOTHING

- Work clothes for ministry days in the local community, along with an outfit to change into after you've cleaned up at the hotel at day's end
- Sneakers with a good grip (for horseback riding and hiking)
- Sandals with heel straps (ex: *Tevas, Chacos*) for the beach, rough ground and white-water rafting (You must have either sandals with a heel strap, water shoes or tennis shoes for white water rafting.)
- Closed-toe shoes for work/ministry/canopy days (sneakers are acceptable)
- Long pants for horseback riding/canopy
- Sweatshirt or light jacket for cool nights
- Rain parka or jacket
- Hat or cap, Sunglasses
- One-piece modest swimsuit & towel
- **Plastic bags for dirty and/or wet clothes**

ACCESSORIES

- Passport and a copy of your passport
- Bible, journal and pen
- Debit/Credit Card with a PIN for withdrawing cash
- Toiletries and Washcloth (many hotels will not provide washcloths)
- Sunscreen (*SPF 30 or more – **waterproof***)
- Aloe for sunburn relief – Remember that Costa Rica is only 10 degrees from the Equator!
- Snorkel & Mask (*for beach activities*)
- Mosquito repellent
- Water bottle
- Wet Wipes for all types of activities
- Personal appliances tend to be bulky, so you may want to share them with a friend.
- Strap for glasses (*for white-water rafting and hiking*)
- Batteries, camera, film, extra memory cards (*disposable cameras and film are very expensive in Costa Rica*)
- Work gloves and goggles or protective eyewear for ministry days
- Travel alarm clock and/or watch are also a good idea
- Games/activities/approved movies for bus rides
- Packaged snacks
- Dramamine for long bus rides
- Necessary medications with proper labels. *Do not combine medications into one bottle. Be sure to give your group leader a copy of your prescription(s).*