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 * Local ministry partners have requested modest shorts (basketball length), capris, jeans, and t-shirts - no tank tops on ministry days.
- Sneakers/closed-toe shoes with a good grip for walking, hiking, canopy and work days
- 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 rafting)
- Lightweight long pants for canopy tour
- Sweatshirt or light jacket for cool nights
- Rain parka or jacket
- Hat or cap, Sunglasses
- School approved 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 (pre-loaded debit/credit cards will not work)
- 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!
- Mosquito repellent
- Water bottle
- Wet Wipes for all types of activities
- Personal appliances
- Strap for glasses (for white-water rafting and hiking)
- Batteries, camera, extra memory cards
- Work gloves and goggles or protective eye-wear for ministry days
- Card games/activities/school approved movies
- 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).