

Costa Rica 2019 Gear Checklist & Information

This is a fairly comprehensive list of items you will need, some essential and some optional, and information relevant to the Costa Rica study abroad. However, this list is intended to accompany an orientation where all of the items are explained in more detail and questions can be answered. For some items listed, there are perfectly acceptable alternatives that are detailed in the orientation. If in doubt please contact me prior to making a purchase (dwilson@mesacc.edu)

Be prepared for the unexpected. Things change!!

Equipment and Gear List

Photography:

- Camera & lenses (35mm equivalent of focal lengths 24-300) with manual, shutter & aperture priority.
- Batteries: x2 spare sets (x3 sets total) for your camera.
- Memory: 2-4x16GB cards or more or larger. If your camera shoots HD video get hi-speed memory.
- Cleaning kit
- Case/bag
- Monopod (optional tripod)
- Flash (external w/spare batteries)

NB. I will have spare AA size batteries and spare memory (Memory will not be for permanent loan however).

Notes:

Computer:

- Laptop - SMALL. Long battery life is important.
- Card reader
- External hard drive for back-up

Go to www.blurb.com and download the booksmart software.

Phone (optional):

If you want to use a cell phone in Costa Rica, you should check with your carrier for the rates and be sure its activated for use in CR. Every place we stay will have wifi, but it's often very slow and unpredictable.

Notes:

Clothes:

- Fast drying clothes work well
- Shoes:
 - Hiking boots (light) (optional)
 - Cross trainers/running shoes
 - Sandals/flip flops
 - Rubber boots
- Socks x 6pr
- Undies x 6pr
- Long pants, avoid jeans x 2pr
- Shorts x 2
- Shirts (be sure to have at least 1 long sleeve)
- T-shirts x 4
- Button-up x 2
- Rain shell x 1
- Hat
- Towel (medium)
- Flannel
- Bathing suit (Speedos are ideal)

Notes:

Light:

- Headlamp LED w/spare batteries
- Handheld LED w/spare batteries

Bags:

- PACK VERY LIGHT, if absolutely necessary, bring a checked bag. Check with the airline on the weight limit.
- Carry-on. Check with the airline on the weight limit/size. Maybe use a day-pack. 40L is a good size.
- Photography/computer bag
- Luggage strap(s)

Books:

- Purchase guide books, but be weight conscious. See syllabus.

Notes:

Toiletries:

- Sunscreen
- Toothpaste
- Soap
- Shampoo
- Toothbrush
- Medications
 - Anti-diarrhea
 - Hydrocortisone cream
 - Anti-itch/insect bite cream
 - Vitamins
 - Prescription meds to last the whole time
 - Anti-malarial (doxycycline recommended, but talk to your doctor)
- Small first aid kit (band-aids, antiseptic, antibiotic)
- Shaving gear
- Deodorant (although we all stink, get used to it!)
- Insect repellent (FYI - DEET based will destroy plastics)

Information

Shots:

Talk to your Dr., consult the CDC website, or make an apt at a Travel Shot clinic. The following are a list of shots I have had to travel to Costa Rica – but see the shots with an asterisk.

- Tetanus/polio/diphtheria and other routine shots - be up to date
- Hepatitis A*, Typhoid*
- Hep B**, Rabies**, Yellow Fever.**

Notes: * CDC – most travelers. ** CDC some travelers.

Money Related.

You can use the ATMs to get money in the local currency. Make sure you call your bank before you leave and let them know, or your card may be declined after its first use. Be sure to have at least 2 cards. Also bring US\$\$s (small bills that are undamaged). Remember however, you may NOT be able to change US\$\$s outside of the cities where there is a bank or the exchange rate may be steep.

- 1) Bring spending money. Its tough to know how much to suggest. Here are some things you may/will want to use it for: meals NOT included as group meals (about 7 days-worth), drinks, snacks, junk food, optional activities (there is a HUGE range of these), souvenirs, to pay for events.
- 2) Have emergency funds in case medical care is needed. Remote clinics will only take cash.
- 3) Have at least 2 cards that you can use in an ATM, e.g., debit card and credit card. Be sure you have a PIN for both.

Notes:

To bring or to buy in Costa Rica?

You will have the opportunity to go shopping. I suggest you bring only small amounts of things in the toiletries list as you can purchase them in Costa Rica if you run out. For example, don't bring a huge bottle of your favorite shampoo.

Carry-on & Checked Luggage.

Look carefully at the airline restrictions on what you can put in your carry-on bag. Typically no more than 3oz containers of any liquid or gel and NO sharp objects like nail-clippers, scissors, knives etc. Put these in your checked bag. If at all possible, DO NOT put anything of high value in your checked luggage. It could get stolen.

Sleeping Arrangements.

Sometimes you'll need to share a double bed! Otherwise it will be bunk bed or single beds.

Hairdryers and Curling Irons.

Just don't bring them.

Charging Electronics.

Charge as OFTEN as you can and don't forget them.

Documents.

Make at least 3 copies of all of your important documents such as those listed below and keep them separate from the originals and from each other and leave one full copy with your emergency contacts. You may also want to take digital pictures of all of your documents and email them to yourself, and place on flash drive to bring with you or upload to cloud storage:

- Passport
- Medical insurance card
- Flight itinerary with conformation #
- All credit cards front and back
- Drivers license
- Any ID cards.

Notes:
