

COSTA RICA PURA VIDA 2024 PACK LIST

CAMPING EQUIPMENT

1	Duffel bag - large enough to pack all items on list	1	Quick-dry synthetic camp towel - bath towel size
1	40° sleeping bag - with compression sack	1	Beach towel
1	Small backpack / day pack	1	Headlamp - with extra batteries
2	Water bottle - 1 liter		

CLOTHING

5	Synthetic underwear	1	Rain jacket
3	Sports bras	1	Rain pants
4	Synthetic t-shirt	1	Service work outfit - long sleeves/pants that can get dirty, stained, etc.
1	Synthetic long sleeve shirt / Sun hoody		
2	Athletic shorts	2	Comfortable outfit - for travel and rest days
1	Fleece pullover - midweight	2	Swimsuit
1	Warm pants for sleeping	1	Rash guard
1	Packable synthetic down jacket - midweight		

FOOTWEAR + ACCESSORIES

2	Socks - synthetic hiking socks	1	Athletic shoes (sneakers)
1	Sun hat	1	Water shoes - with heel strap (no Crocs)
1	Beanie or warm hat	1	Hiking boots - lightweight
1	Work gloves		

TOILETRIES

1	Reef safe sunscreen - 12oz - titanium dioxide or zinc oxide	1	Soap
1	Hand sanitizer - 4oz	1	Deodorant
1	Toothbrush + toothpaste	1	Insect repellent - 12oz
1	Shampoo	1	Lip balm
1	Toiletry bag or Dopp kit		

MISCELLANEOUS

1	Sunglasses - with retainer strap (i.e. Croakies or Chums)	1	Spending money - \$50/week
1	Laundry bag	1	Watch
1	Passport		

Optional Items: insect head net, camera, book, journal, buff, camp chair, camp pillow, compass, trekking poles, hammock

VISIT THE WA STORE TO OUTFIT YOUR ADVENTURE

Questions about items on your packing list? We're here to help! Give us a call at 307-733-2122 or reach out to your Regional Coordinator for advice and tips.

