

# 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.

