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## Packing List- Underwater Explorers

This is a list of what our instructors deem as fundamental gear for your course. Feel free to bring items that are not on this list, but please keep in mind that you will be responsible for your personal belongings. Do not bring more than you think you will be able to carry.

Prior to leaving our base, instructors lead students through a process we call the "Duffle Shuffle." During this process you will be issued the necessary equipment for whichever part of your course that you are about to embark on. At this time, instructors will advise you as to which of your personal items you will not need or cannot take on course. Any such items will be locked in our storage facility on base and returned to you at the end of your course.

When packing, please keep in mind that rain, mud, and harsh weather conditions are possible. Good equipment can protect your body from these elements and really make a difference in your comfort level.

### Personal Clothing

\*If you are on a 12 day course, you should bring the smaller amount of what's listed below. If you are on a 15 day course, you should bring the higher number.

2-3 Pairs of casual/street clothes for travel

Underwear - lightweight, fast drying, non-cotton

1-3 Pairs of serious hiking socks – wool or synthetic, such as Smartwool

3 T-shirts - preferably non-cotton, fast drying or wicking fabric

3 Tank tops

2 Pairs of shorts - lightweight, fast drying, non-cotton

1 Lightweight long sleeve shirt – non-cotton (for mosquito protection)

1 Pair of pants – lightweight, non-cotton (for mosquito protection)

1 Fleece Jacket – at Base Camp and during the hiking section, you will encounter cold nights

1 Outer layer wind jacket – doesn't need to be waterproof; an uncoated nylon wind shell is fine

1-2 Bandanas

1 Baseball cap or wide brimmed hat

1 Skirt, sundress, or Sarong to wear over swim suit

2-3 Comfortable sports bras – non-cotton if possible

### Rain Gear

\*\*You WILL get rained on during your course. Rain gear can make or break your trip. Take the time and spend the money to get quality rain gear.

1 Lightweight WATERPROOF/breathable rain jacket with a hood. Check at your local outdoor store (REI, EMS, etc.) for their store brand of jacket.

1 Large waterproof backpack cover (not as necessary for the 12 day course)

### Foot Wear

1 Pair medium-weight, high-top hiking boots.

*\*When you are purchasing new boots make sure they are comfortable and come up ABOVE the ankle for good ankle support. **BREAK IN YOUR BOOTS!** If you purchase new boots, follow the advice of the sales representative/boot manufacturer as to the length of time you need to wear your boots to sufficiently break them in before arriving. The more you wear your boots before you arrive the less chance you'll have of getting bad*

*blisters. Students have had to leave their courses because of bad blisters caused by new boots!!! Don't let this happen to you!*

- 1 Pair non-Velcro sandals with ankle straps OR neoprene SCUBA/surfing shoes with a rubber sole. This is to protect your feet during the river section. We recommend Chacos, Keens or Texas. Crocs are not recommended.
- 1 Pair of Flip-flops (for the beach/casual days)

## Beach Apparel

- 2 Swimsuits – at least one needs to be a sports swimsuit for SCUBA and beach athletics
- 1 Board Shorts/ Swim trunks

## Personal Gear

- 1 Book bag or day pack – We will provide a very large hiking backpack/duffel bag to carry all your stuff, but for days at the beach you will want your own smaller bag.
- 1 Pair UVA/UVB protection sunglasses - polarized lenses are best for being on water
- 2 Nalgene or other wide-mouth water bottles - 1L each; the lid should be attached to the bottle so you can use a carabineer to hook it onto your backpack
- 1 Carabineer – nothing fancy
- 1 Fox 40 whistle (non-cork ball)
- 1 Headlamp with extra batteries - Energizer brand headlamps have proven to be durable as well as cost efficient for course
- 5 Large Ziploc-type plastic bags
- 1-2 Bottles of insect repellent
- 1 Aloe Vera gel or other sunburn cream
- 1 Lip balm with sunscreen & 1 Vaseline/Carmex for dry lips (if your lips get chapped easily)
- 1-2 Bottles of waterproof sunscreen (SPF 30 or higher)
- 1 Tube Zinc oxide sun protection – if you burn easily this is the best sunscreen for you
- 1 Pack towel (shammy)
- 1 Full size bath towel and/or beach towel (CRROBS does not provide any towels)
- 1 Personal journal, paper, envelopes, and pens – we gladly provide postage for postcards home

## Toiletries

Your toiletry kit should include toothbrush, toothpaste, biodegradable soap, biodegradable shampoo/conditioner, foot powder, deodorant (unscented), antibacterial hand sanitizer, brush or comb, etc.

Because you will be in Costa Rica for a while it is natural to bring large bottles of shampoo/conditioner, sunscreen, toothpaste etc. However, you will not want to carry these large bottles in your backpack during the hiking section. Please bring small refillable bottles (travel size) to carry while backpacking. Your back will thank you.

## Medical

- Moleskin or Molefoam (for blister protection) is strongly recommended for the 15 day course
- Tampons – bring a good supply even if you do not expect to need them. You DO NOT want to be surprised on course. Try to find a brand without plastic applicators or that are biodegradable.
- Menstrual cramp medication recommended if you normally need it
- 1 Bottle of “Swimmer’s Ear” or other ear drops that help prevent infections from water

NOTE: Instructors carry complete First Aid kits on all courses, so you only need to bring medications that are specific to your needs. If you are taking prescription medicines or have glasses/contacts, bring backup supplies (up to twice the normal amount – in case of loss/emergency).

## Travel Documents/Money

Your passport (must be valid for at least six months)

Your plane ticket and copies of your flight itinerary to assist us in planning transportation for your return flight

A photocopy of the picture ID page of your passport

\$200 US CASH or Credit Card for medical emergency and personal items

## Optional

Crazy creek chair

1 Small dry bag

Camera(s) – disposable/disposable waterproof are good options. If you bring a more expensive camera, we recommend a small dry bag or other waterproof case to store it. If you bring a digital camera, consider bringing extra batteries and memory cards.

1-2 Secure straps (“Croakies”) for your sunglasses and/or glasses, if applicable

Camp/travel hammock – “Eagles nest” or Hennessy hammocks made of lightweight nylon are best. Many students buy a traditional hammock in Costa Rica before leaving the country as a souvenir, but this will not be available until the end of the course.

1-2 Books for your reading pleasure

1 Travel size sewing kit

1 Travel pillow

1 Mosquito net – keep in mind that some students never end up using it

1 Spanish-English dictionary

1 Deck of cards or other card game

1 Box/bag of Baby wipes

1 Beach towel

1 Bottle of skin moisturizing lotion (if you have dry skin being in the sun so much will make it drier)

## Optional – 15 day course only

1 Pair of lightweight trekking poles – these will protect your knees during the hiking phase.

1 Camelback – just the plastic bag and hose, backpack not necessary. \*Helpful on long hikes.

\*\*1 Pair gaiters, medium height - valuable piece of equipment that help to keep water, mud, and other debris out of your hiking boots. HIGHLY recommended!!!

2-3 Pairs of synthetic sock liners – NOT COTTON

1 Extra pair of boot laces

## CRROBS Provides

Hiking backpack

Sleeping bag and pads

Meal kit

Surfboard/boogie board

SCUBA/snorkel equipment

All necessary river equipment

## ITEMS NOT ALLOWED ON COURSE

The following items will not be allowed while you are on course and will have to be left at our base. You may consider leaving them at home:

Cell phones – Cell phones will most likely not work once you land in Costa Rica and therefore are only useful in US airports. Regardless of service, they are not permitted on course.

I-pods or other music devices- These items will be put in our safe at the beginning of the course and you will not have access to them again until the last day of your course.

Watches/ Clocks- If you are used to checking your wrist every five minutes, it's time to relax. =) If you bring a watch with you, you will be asked to leave it at base. We find that students enjoy themselves much more if they aren't worried about the time.

Pocket Knives or Multi-Tools- We supply all the cutting implements you will need for your course; personal ones will need to be left on base.

Lighters- Our instructors carry all fire-starting devices you will need for camping and cooking activities on course.

ANY OTHER PERSONAL ELECTRONIC DEVICES- (with the exception of cameras) must be left behind once you start your course, so think carefully before bringing them.

ANY ALCOHOL, DRUGS, CONTROLLED SUBSTANCES (OTHER THAN PRESCRIBED BY A PHYSICIAN) and TOBACCO PRODUCTS ARE FORBIDDEN ON COURSE!

We take this very seriously! Violations are grounds for expulsion from course. If you have questions, please ask.

THANK YOU AND WE'LL SEE YOU SOON IN COSTA RICA!

