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**COSTA RICA
OUTWARD BOUND**

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Packing List – Panamanian Kayak Adventure

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 your course. 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 cold nights are inevitable. Good equipment can protect your body from these elements and really make a difference in your comfort level.

Personal Clothing

- 2-3 Pairs of casual/street clothes for travel
- Underwear - lightweight, fast drying, not cotton
- 1-3 T-shirts - highly preferable: non-cotton, fast-drying, and/or wicking fabric
- 1-3 Tank tops
- 2 Pairs of shorts - lightweight, fast drying, non-cotton
- 1 Pair of pants - lightweight, non-cotton (for mosquito protection)
- 1 Long sleeve shirt – lightweight, non-cotton (for mosquito protection)
- 1 Fleece jacket - at Base Camp you will encounter cold nights
- 1-2 Bandanas
- 1 Baseball cap or wide brimmed hat

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.

Foot Wear

- 1 Pair running shoes (not necessary if your sandals are good for walking in)
- 1 Pair non-Velcro sandals with ankle straps OR neoprene SCUBA/surfing shoes with a rubber sole. We recommend Chacos, Keens or Texas. Crocs are not recommended.
- 1 Pair of Flip-flops (for the beach/casual days)

For Women

- 1-2 Swimsuits – at least one needs to be a sports swimsuit
- 1 Pair of board shorts/swim trunks
- 2 Comfortable sports bras – preferably non-cotton
- 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 bio-degradable.
- Menstrual cramp medication recommended if you normally need it

For Men

1-2 Pairs of board shorts/swim trunks

Personal Gear

- 1 Pair UVA/UVB protection sunglasses - polarized lenses are best for being on water
- 1- 2 Secure straps ("Croakies") for your sunglasses and/or glasses, if applicable.
- 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 into your kayak
- 1-2 Carabineers – 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 Bottle of insect repellent
- 1 Aloe Vera gel or other sunburn cream
- 1 Lip salve or balm with sunscreen
- 1 Bottle 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 Toiletry kit with travel size: toothbrush, toothpaste, biodegradable soap, small shampoo supply (biodegradable), foot powder, deodorant (unscented), antibacterial hand sanitizer
- 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

Medical

- 1 Bottle of Swimmer's Ear to help prevent ear infections
- *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/waterproof box (such as a Pelican case)
- 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.
- 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.

1-3 Books for your reading pleasure
1 Travel pillow
1 Spanish-English dictionary
1 Deck of cards or other travel game

CRROBS Provides

Hiking backpack (if you have your own you are welcome to use it)
Sleeping bag and pads
Meal kit
All necessary kayaking 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.