



Osa Great

ADVENTURE
COSTA RICA

Items list to bring to Costa Rica for your vacations

It is totally understandable that when thinking of Costa Rica as your next destination to spend vacation time one only thinks of sun, beaches, animals, and adventure, but ignore the fact that in some places it can be cold, muddy or rainy. You can decide what item could be of help and add it to your luggage.

- **Sunglasses** are very necessary when it comes to taking a boat tour, ATV, or if you are going to spend time at the beach. It will avoid getting your eyes irritated.
- **The hat** is perfect for hiking since you can still see and get protection against the sunlight.

- **Mosquito repellent**, it would be a good idea to buy it in Costa Rica because for some reason some insect repellents don't work against bugs in Costa Rica.
- **Long sleeve t-shirt**, a good idea for hiking in open areas, kayaking, and boat tours. This way you can avoid using so much sunscreen on your skin.
- **Open shoes** for walking around in town, kayaking, boat tours, and on the beach.
- **Hiking Shoes**, definitely the best way to go when hiking in the forest, to avoid any crawling creature to have easy access to your feet, for gripping, and to protect your feet in case that you hit a rock or step on spines. Some places are muddy or rocky in the rainforest.
- **Flip flops** to walk on the beach, in town, the pool, or at your hotel or accommodation.
- **Rain poncho**, which can be bought in Costa Rica too, is very important during the rainy season, besides it is very light to carry around.
- **Drybag**, very useful to protect electronics during your hikes, tours, or just walking around. It can keep your clothing and important documents dry too.
- **Fast-drying clothing** (dry fit) is always a good idea for your activities.
- **Splittable long pants**, they are very useful since you have two in. let's say you have a hiking tour in the rain forest but you must take a boat (wet landing) to get there, the best would be to have the chance to leave as short pants to get on the boat and then to put it back together once you reach the place of the hike.
- **Sunscreen** is very important to take care of your skin, it is very easy to get a sunburn in Costa Rica.
- **Antibiotic cream**, the best way to treat bug bites, some people discover how allergic they can be to bug bites when they visit Costa Rica.
- **Swimming clothing**, even though you don't go to the beach during your visit to Costa Rica, there are places where you can swim, during a hike close to a river, hot springs or just to sunbathe at the pool of your accommodation.
- **A Microfibre towel** is a very good way to keep your luggage light, it does not need much space and does its job very well.
- **Band-Aid** for blisters would be very helpful if you plan on hiking while in Costa Rica.

- **Small backpack**, to go on tours or just to simply go around with things that you need like water, camera, and so on.
- **Reusable water bottle**, in Costa Rica there are many places where you can refill your bottle all the time, in your hotel, in restaurants, or during the tours, there can be a place to refill your bottle with drinkable water. This way you collaborate with the environment.



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