



GEAR LIST - IGUANA

N.B. Items & amounts are intended as a guide for your 11 day trip, but what you bring is really up to you.

Please read the gear list carefully. Most of the trip is off the beaten track, far from clothing and equipment stores. We want you to be warm and happy in the high mountain cloud forests – and cool and relaxed in the hot coastal areas! While Costa Rica officially falls into a wet (April till November) and dry (the rest of the year) climate pattern, **the reality is much more unpredictable!** You'll probably have warm weather for most of your trip, no matter when you travel – but you need to be prepared for anything.

ESSENTIAL GEAR

- 1 x duffle bag/backpack/suitcase - medium to large
- 1 x lightweight sleeping bag or small lightweight blanket (for the camping portion which is very hot at night)
- 1 x Camel bak™ (~2L/70oz) or daypack – large enough for water, lunch, raincoat & camera
- 1 x waterproof jacket – lightweight with hood
- 1-2 x lightweight fleece or sweater
- 1 x hiking boots or sturdy walking shoes
- 1 x sports sandals
- 3-4 x pair long pants - the zip-off kind that convert to shorts are really convenient.
- 4-6 x t-shirts (some non-cotton & quick-drying recommended – see fabric note below)
- 2-4 x pairs of shorts
- 2-3 x light weight long-sleeve shirts
- Underwear
- Socks (some hiking socks and some cotton)
- Camping towel
- 4 heavy duty plastic bin/trash bags and a selection of plastic bags, to keep your belongings dry
- 1-2 x swim suit
- 1 x sun hat (e.g. baseball cap)
- 1 x sunglasses (Croakies or retainer strip is handy for paddling!)
- 1 x camera, film/memory cards & batteries/charger
- Plenty of insect repellent containing DEET
- Sunblock – SPF 15-30 UVA/UVB broad spectrum minimum recommended
- 1 litre water bottle (if you don't have a Camelback)
- 1 x torch/flashlight (headlamp type are best)
- Toilet paper – not provided in public facilities in Costa Rica, so you need to carry it with you at all times! (*IMPORTANT NOTE* – Do NOT flush toilet paper in Costa Rica – use the bin/trashcan provided!)
- 1 x toiletries/first aid kit – you'll need your own shampoo/conditioner, soap, toothbrush/paste, prescription medications/lenses, razors, feminine hygiene products etc. If you have preferred medication brands, it's best to bring them from home as brands vary. High-grade blister products such as second skin are also unavailable in Costa Rica.

FABRIC NOTE: If possible, we recommend some pants, shorts and t-shirts made from quick-drying, non-cotton fabrics for the activities on our trips. This is because cotton clothing tends to retain water when wet (due to rain, humidity or perspiration). If you don't already own some, at least one or two quick-dry t-shirts would be a worthwhile purchase for this trip.

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ESSENTIAL PAPERS

- Passport
- International & domestic air tickets
- Travel insurance papers
- Iguana Trip Itinerary
- ACTIVE SA Trip Summary - Printed from "*Step 7: My Final Trip Summary*" (this includes the emergency contact numbers)
- Credit cards

OPTIONAL ITEMS

- 1 x Sarong (doubles up as towel, sleep sheet, dressing gown or beach wear)
- Money belt/pouch for valuables
- Hairdryer
- Reading material, pocketknife, alarm clock, binoculars etc.
- 1 pair of cycle shorts
- 1 x waterproof trousers – lightweight nylon or polyester
- Potable water treatment tablets - Only necessary if you want to drink tap or stream water
- Boiled or bottled water is available every day and provided as part of your trip
- Energy snacks and drinks – your favourite brands may not be available in Costa Rica
- Antiseptic wipes or hand sanitizing gel
- Ear plugs – in case there are any snorers nearby
- Knee supports – a good idea if you have weak knees or could otherwise do with extra support while hiking
- Adapter plug (voltage is 120 volts)
- Walking poles for the Cerro Chato hike

NB. We provide an air mattress and pillow for the camping part of your trip on the beach. Due to the nature of being in some stunning but remote locations, there is only one chance for internet access and one chance to do laundry on this trip.

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