



# Macaw Gear List

## Essential Items

- 1 large or 2 medium pieces of luggage:** sports bag with wheels, suitcase, backpack or similar. No larger than ~28"/60L/4,000 inches<sup>3</sup> is preferred
- Daypack:** used for day trips and on the bus. Should be well fitting with supportive shoulder straps and a waist-strap. Should be large enough for your raincoat, fleece, camera, wallet, water and a packed lunch (~20L/1,500 inches<sup>3</sup>)
- Hiking poles:** strongly recommended for knee support and added stability during your day hikes
- Hiking shoes/boots:** for hiking and casual wear. Should be comfortable, worn-in, sturdy and have a solid tread. Hiking boots are recommended for those with weak ankles
- Trail runners/running shoes:** for cycling and casual wear and if your other shoes are wet!
- Water sandals/tevas/keens:** or similar. For rafting, kayaking, beach and casual wear
- Waterproof rain jacket/shell:** a breathable, shell jacket with a hood. Something which will keep you dry while being active. Ponchos are unsuitable
- Sweater/fleece:** for those cooler nights
- Shirts/t-shirts:** 4-5, more quick-dry, less cotton
- Long-sleeve shirts:** 2-3, more quick-dry, less cotton Recommended for insect protection
- Trousers:** 2-3 pairs, more quick-dry ones for activities and insect protection, less cotton
- Shorts:** 3-4 pairs, more quick-dry, less cotton
- Thermal underwear:** top and bottom set for rafting and kayaking, especially if you feel the cold
- Socks:** at least enough for one week, more quick-dry, less cotton
- Underwear:** at least enough for one week, some quick-dry ones will come in handy
- Pajamas/nightwear:** or similar
- Swim suit:** 1-2, one to wear while the other is drying. For kayaking, rafting and swimming
- Travel towel:** 2-3, one to use while the other is drying. Towels are provided at most of the places we stay, and you'll need towels for activities too
- Plastic bags:** for storing wet clothes/towels in. If you have a dry bag, designed for kayaking and other water sports, definitely bring it along!
- Sun hat:** baseball cap, or similar
- Sunglasses:** with a retainer strap if you have one
- Water bladder/bottles:** ~1-2 litre volume
- Headlamp/flashlight:** headlamps are preferable for camping at Coyote Beach, flashlight are OK too
- Alarm clock:** only some hotels provide them
- Camera:** memory cards and batteries/charger. A dry bag for your camera would be handy
- Hand sanitizer:** essential for good hygiene
- Insect repellent:** bring more rather than less
- Sun-block:** SPF 15 UVA/UVB broad spectrum is recommended. Bring more rather than less!
- Toiletries:** shampoo, conditioner, toothbrush, toothpaste, body soap, facecloth, prescription medications, glasses/lenses, shaving gear, feminine hygiene products etc. *[Only some hotels provide these so it's best to bring your own. Also some products/brands may not be available in Costa Rica]*
- Personal first-aid kit:** for any essential items that you know you'll need e.g. blister treatment if you are prone to blisters *[Your trip leader will carry a group first-aid kit but it's best to bring a small one of your own - just in case]*

## Gear Provided

- Life jacket, helmet, paddle, raft,:** plus all the required safety gear
- Sit-on-top kayak, paddle and life jacket:** plus all safety gear
- Mask, snorkel and fins:** if you have your own gear, bring it along!

**PACKING NOTE!** Due to Costa Rica's humidity, we recommend clothing made from quick-dry, wicking fabrics is such as Patagonia capilene, Icebreaker merino, or other specially designed fabrics for this trip. There are also few opportunities to do laundry on this trip, so you should either bring enough clothes to last the distance, or bring detergent for hand washing, if you prefer. If you're not sure what quick-dry fabric is, ask at your nearest outdoor store. While you can bring some cotton, denim and other such fabrics on this trip, be aware that they won't be easy to dry. **We suggest 2-3 sets of quick-drying gear per person.**



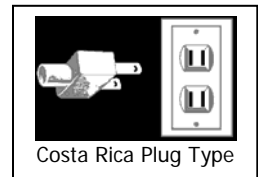
# Macaw Gear List

## Essential Documents

- Passport and waterproof passport wallet:** your passport should be valid for at least 6 months beyond the dates of your trip – please check!
- Spending money:** US\$ dollars or colones cash, credit/debit cards for cash withdrawals
- Money belt/pouch:** for safe storage of cards, valuables or larger amounts of cash
- Air tickets and itinerary:** your international and domestic itinerary and air tickets
- Travel insurance:** your policy and the insurance emergency contact numbers
- Macaw trip itinerary:** print out and bring with you on your trip  
<http://www.activesouthamerica.com/PDF/Macaw.pdf>
- Macaw final trip summary:** we'll send you an email reminder to print it out and bring it with you on your trip. It has any emergency hotline numbers you'll need and information about where to meet your group

## Recommended Optional Items

- Overnight bag:** a collapsible sports bag is handy for keeping your gear in while camping at Coyote Beach – your main piece of luggage will be stored securely in our vehicle
- Fleece blanket/light sleeping bag:** if you're a cold sleeper you might like to bring a something along to use at night while camping. We provide one mattress, two sheets and a pillow per person
- Casual clothes:** if you'd like bring a nice skirt/shirt to wear out to dinner, please do!
- Cycle shorts and gloves:** if you have your own cycling shorts and cycling gloves we recommend bringing them for maximum comfort. Helmets are always provided
- Mask, snorkel or fins:** If you have your own gear that you know fits you well, bring it along – many people tell us they feel more comfortable when using their own gear
- Hairdryer:** only some hotels have them
- Ear plugs:** recommended for light sleepers during our hotel stays
- Energy snacks and drinks:** while snacks will be provided you may like to bring some along too, especially if you have a preferred brand or special dietary needs
- Laundry detergent:** a small amount if you prefer to hand wash your technical fabrics
- Adapter plug:** if your home country doesn't use a 110V AC system and/or the plug type shown in the box, you might need an adapter
- Sarong**
- iPod/mp3 player**
- Binoculars**
- Pocketknife**
- Reading materials**
- Spare shoelaces**



Costa Rica Plug Type

**GEAR NOTE!** The amounts above are intended as an indication of what to pack for an 12 day trip from December to April. Please use your common sense when packing for this trip. If you know won't use it, don't bring it. Your call! If you're not sure what any of these things are, please ask at your nearest outdoor store, or ask us. We want you as well prepared as possible for your trip - for the sake of your own comfort and safety!