



# Quetzal 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 our day hikes
- Hiking boots/shoes:** for hiking and casual wear. Should be comfortable, worn-in, sturdy and have a solid tread. Boots are recommended for muddy conditions and 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 keeps you dry when active is recommended. Ponchos are unsuitable
- Waterproof rain pants:** for keeping water and mud out on rainy days. Gaiters are also an option
- Sweater/fleece:** 1-2, for cooler nights
- Shirts/t-shirts:** 4-5, more quick-dry, less cotton
- Long-sleeve shirts:** 2-3, more quick-dry, less cotton. For activities and 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:** enough for a week, more quick dry than cotton
- Underwear:** enough for at least a 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:** 1-2, one to use while the other is drying. For activities and places where towels aren't provided
- Plastic bag/dry bag:** for storing wet clothes/towels in. If you have a 'dry bag' for kayaking and water sports, bring it along
- Sun hat:** baseball cap, or similar
- Sunglasses:** with a retainer strap if you have one
- Water bladder/bottles:** 1 litre minimum
- Alarm clock:** only some hotels have them
- Camera:** memory cards and batteries/charger. A dry bag would be useful for your camera
- Hand sanitiser:** 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, soap, facecloth, prescription medications, glasses/lenses, shaving gear, feminine hygiene products etc. *[Only some hotels provide these and your preferred products/brands also 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]*

**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 either bring more clothes to last the distance, or bring soap for hand washing, if preferred. If you're not sure what a quick-dry fabric is, ask at your nearest outdoor store. While you can bring some cotton, denim and other non-wicking fabrics on this trip, be aware that they won't be easy to wash or dry. **We suggest 2-3 sets of quick-drying gear per person**

## Provided Items

- Raft, paddle, life jacket, helmet:** plus all safety gear
- Sit-on-top kayak, paddle and life jacket:** plus all safety gear
- Mountain bike, helmet and repair kit**



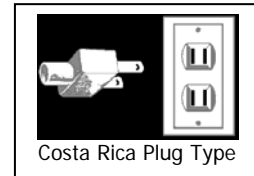
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## Essential Documents

- Passport with at least 6 months validity from date of arrival:** stored in a waterproof wallet. If you've had to obtain a new passport since you booked your trip, please bring both your old and new passports with you
- 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
- Quetzal Trip Itinerary:** print out and bring with you on your trip (<http://www.activesouthamerica.com/PDF/Quetzal.pdf>)
- Quetzal 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

- 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!
- Hiking gaiters:** great for keeping mud and water out! A favourite piece of gear for many clients - if in doubt, bring them along
- 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
- Ear plugs:** recommended for light sleepers during hotel stays
- 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
- Hairdryer:** some hotels have, some may not
- Headlamp/flashlight**
- Sarong**
- iPod/mp3 player**
- Binoculars**
- Pocketknife**
- Reading materials**
- Spare shoelaces**



**GEAR NOTE!** The amounts above are intended as an indication of what to pack for an 11 day trip from May to November. 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!