



GEAR LIST - QUETZAL

N.B. Items & amounts are intended as a guide for your 11 day trip, but what you bring is really up to you. You will need the cold weather items – even in summer!

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 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)
- 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.

ESSENTIAL PAPERS

- Passport (valid for at least 3 months)
- International & domestic air tickets
- Travel insurance papers
- ACTIVE SA Trip Summary & Quetzal Itinerary & other travel documents
- ACTIVE SA Emergency Contact Number
- Credit cards

OPTIONAL ITEMS

- Money belt/pouch for valuables (For transit only; you can always leave your valuables in the hotel safe)
- 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.
- 1 Energy snacks and drinks – your favourite brands may not be available in South America.
- Antiseptic wipes or hand sanitizing gel
- Ear plugs – in case there are any snorers nearby!