

Costa Rica Gear List

Appropriate clothing and gear are essential for students to be able to have fun and succeed on a wilderness course. If possible, please send a combination of synthetic and cotton clothes. Synthetic materials are better for staying warm when wet and for drying quickly. Cotton is good for comfort and sun protection. For more information on gear contact SOAR or check out our Gear Guide at <http://www.soarnc.org/gearguides/gearguide.html>.

CLOTHING

- 2 pair pants/jeans
- 2 pair shorts
- 5 shirts
- 2 swimsuits
- 6 pair socks
- 1 pair tennis shoes
- 1 pair light weight hiking boots
- Fleece sweater or light jacket
- Hat/cap
- Water shoes (no Velcro straps please)
- 2 sets sleepwear

EATING GEAR

- Plastic bowl/plate
- Eating utensils
- Plastic cup

PERSONAL NEEDS

- Prescription medications
- Body talc or powder
- Miscellaneous toiletries
- 1 washcloth
- 2 bath towels
- 1 hand towel

GENERAL NEEDS

- Duffle bag or similar soft bag/luggage
- Day pack (book bag)
- Sheet and fleece blanket
- Sunscreen (non-spray, waterproof, maximum protection)
- Flashlight with extra batteries
- 2 quart-size water bottles
- Insect repellent (non-aerosol)
- Pen and paper
- Rain suit (parka and pants)
- Sunglasses
- Small travel umbrella

OPTIONAL ITEMS

- Disposable camera
- Binoculars
- Swim Shirt / Rash Guard *
- Mask
- Snorkel
- Fins

NOTES

1. **All clothing and personal items must be labeled!**

2. Do not bring jewelry, valuable watches, CD players, video games, cell phones, etc. Don't bring a knife (other than a table knife).

* See Gear Guide at <http://www.soarnc.org/gearguides/gearguide.html> for description of swim shirt.