Luggage / Checklist

Luggage:

- ☐ The best luggage is the one that can be hung from the shoulder easily to carry.
- ☐ Suitcase organizer.
- ☐ Daypack (for day trips and hikes).
- ☐ Fanny pack (to carry valuables on the body for canopy excursions).

Travel documents:

- ☐ Valid passport (during the time of your trip to Costa Rica).
- ☐ Valid driving license.
- ☐ Copies of important documents.
- ☐ International health insurance.
- ☐ List of allergies and medications.
- ☐ Emergency contacts.

Money:

- ☐ Credit card (make sure it is activated for Costa Rica).
- ☐ Debit card (withdraw colones locally).
- ☐ Cash in case of emergency.

Clothing/ Footwear

- ☐ Dry-fit clothing.
- ☐ Light jacket, long-sleeved shirt.
- ☐ Rain jacket.
- ☐ Hiking pants (alternatively long pants and shorts).
- ☐ Long hiking socks (when using rubber boots).
- ☐ Hiking shoes water resistant.
- ☐ Sandals/sneakers.
- ☐ Water shoes (for boat trips, rafting).
- ☐ Sunhat.
- ☐ Swimsuits.
- ☐ UV-protective swimsuits, long-sleeved swimsuits (especially for the children).
- ☐ Microfiber towel / Beach Towel.

Bella Aventura
TRAVEL WITH FRIENDS

Personal care products

- [ ] Sun cream (also lip balm with SPF).
- [ ] After sun lotion.
- [ ] Insect spray (Nobite, Autan, with DEET ingredient or similar).
- [ ] Items for feminine hygiene (in Costa Rica it is difficult to find tampons).
- [ ] Alcohol in gel or spray.
- [ ] Wet wipes.

First aid/medication kit

- [ ] Personal medications.
- [ ] Analgesics (Ibuprofen, Aspirin).
- [ ] Medications for diarrhea (Imodium or Loperamide , charcoal pills).
- [ ] Medication for body pain (Paracetamol, Migretil).
- [ ] Wound cream (Bepanthen).
- [ ] Band-aid or tape for wounds or blisters.
- [ ] If necessary, medications against seasickness/travel sickness/nausea (Gravol).

Other

- [ ] Chargers for electronics (cellphones, cameras).
- [ ] Adapter for american flat contacts.
- [ ] Headphones.
- [ ] Reusable water bottle (stainless steel for hot and cold drinks).
- [ ] Camera, underwater camera (including memory cards).
- [ ] Powerbank.
- [ ] Dry bag.
- [ ] Flashlight.
- [ ] Pocket knife (carry in the suitcase for the flight).
- [ ] Earplugs/neck pillow (For long bus drives).
- [ ] Sun glasses.