



TENT & TRAILS COSTA RICA ECO TRAVEL CHECK LIST



	<u>Have</u>	<u>Need</u>		<u>Have</u>	<u>Need</u>
<u>Personal Necessaries</u>			Day pack (25 - 30 liter)	_____	_____
Toiletry kit	_____	_____	Luggage locks	_____	_____
Unbreakable mirror	_____	_____	Luggage tags	_____	_____
Soap dish	_____	_____	Travel alarm clock	_____	_____
Biodegradable soap	_____	_____	Laundry kit	_____	_____
Toothbrush	_____	_____	Sink stopper	_____	_____
Toothbrush cover	_____	_____	Electric outlet adaptors	_____	_____
Toothpaste	_____	_____	Water bottle or Camelbak	_____	_____
Insect repellent w/DEET	_____	_____	Folding cup	_____	_____
Peremithrin spray (for clothing)	_____	_____	Water purification tablets or filter .	_____	_____
Sunscreen lotion (at least SPF15)	_____	_____	Waterproof matches or lighter	_____	_____
Sunglasses w/UV protection ...	_____	_____	Hostel sheet liner	_____	_____
Glasses retainer	_____	_____	Mosquito Bed Nets	_____	_____
Toilet Paper	_____	_____	Stuff sacks	_____	_____
Quick drying towel	_____	_____	Trekking Poles	_____	_____
Moleskin	_____	_____	Binoculars	_____	_____
Chewing gum	_____	_____	Camera w/film	_____	_____
Lip Balm	_____	_____	Multi tool or folding knife	_____	_____
Sunburn relief	_____	_____	Ziplock bags	_____	_____
Hand sanitizer	_____	_____	<u>Food</u>		
Eye drops	_____	_____	Energy bars	_____	_____
First aid kit	_____	_____	Trail mix	_____	_____
Elastic bandage	_____	_____	Energy gel	_____	_____
Diarrea medication	_____	_____	Powdered energy drinks ...	_____	_____
Pain reliever	_____	_____	<u>Clothing</u>		
Stomach upset medication	_____	_____	<i>All clothing should be quick wicking</i>		
Antihistamine medication .	_____	_____	Wide brimmed hat w/ hat retainer	_____	_____
Oral rehydration salts	_____	_____	Wicking socks	_____	_____
Motion sickness medication	_____	_____	Short sleeve tops	_____	_____
Acidophilus Tablets - heat resistant	_____	_____	Long sleeve tops	_____	_____
Plastic travel bottles	_____	_____	Windproof fleece jacket	_____	_____
Personal hygiene items	_____	_____	Rain Poncho	_____	_____
Prescription medications ..	_____	_____	Quick drying shorts	_____	_____
<u>Travel Gear</u>			Trail pants w/zip off legs	_____	_____
Travel Documents	_____	_____	Travel or photo vest	_____	_____
Emergency Address Book	_____	_____	Bandanas	_____	_____
Cash/ATM card	_____	_____	Swimsuit	_____	_____
Document organizer	_____	_____	<u>Footwear</u>		
Money belt	_____	_____	Comfortable walking shoes .	_____	_____
Eye shades	_____	_____	Sandals	_____	_____
Ear plugs	_____	_____	Water shoes (optional)	_____	_____
Flashlight or headlamp	_____	_____	<u>Fun Stuff</u>		
Extra Batteries	_____	_____	Travel journal w/pen	_____	_____
Whistle	_____	_____	Reading material	_____	_____
Map or guide book	_____	_____	Hacky sac	_____	_____
Compass	_____	_____	Miniature playing cards	_____	_____
Travel pack	_____	_____	Frisbee	_____	_____



travel and health Tips for Costa Rica

Lush rainforests and pristine beaches; tiny blue frogs and giant leatherback turtles; screaming howler monkeys and crashing white waves: Costa Rica offers a breathtaking array of sights and sounds! Your Costa Rica itinerary might include whitewater rafting, a rainforest canopy tour, relaxing at the beach or exploring one of the country's many fabulous ecolodges. Beauty is all around in the tropics of Costa Rica, from jungle-draped volcanoes to the sweeping expanses of wilderness beaches along the azure Pacific. Explore from the mountains to the sea, beginning with Arenal, the quintessential tropical volcano rising from jungled highlands, then explore the treetop canopy of a private rainforest by way of thrilling zip lines and spectacular hanging bridges. Costa Rica's weather can be volatile and clothing needs to be capable of meeting the demands of an ever-changing environment. A system of clothing, which allows for wicking of perspiration for comfort, moderate warmth and layering with outer shells for wet or windy conditions. Synthetics such as polypropylene, Capilene, Synchilla, fleece, and pile are best, though wool will also work. Cotton, with the exception of a t-shirt for the sun, is unacceptable. It is also a very good idea to test out your gear before you arrive in Costa Rica.

Protect yourself from traveller's diarrhea and other related ailments while travelling

Contaminated food and drink are common sources for the introduction of infection. When travelling abroad, do not forget that drinking another country's water can be dangerous or just make you sick. Read signs carefully. Some taps, including those on trains and airplanes, are not for drinking. If there's any hint of nonpotability — a decal showing a glass with a red "X" over it, or a skull and crossbones — *do not drink it*.

Remember: if the tap water is not safe to drink in the area you are visiting, do not use it to reconstitute juice or to rinse fresh fruits and vegetables. Stick with bottled or boiled water, carbonated soft drinks, beer, wine, boiled coffee, and tea. Make sure the bottles are factory sealed before opening. The bottles may have been refilled, if the seals are not intact. Only brush your teeth with bottled water and keep your mouth shut when you are in the shower, even an accidental spray may get you sick.

Do not use ice, even in the better hotels and restaurants. Tap water may have been used in the preparation. Particularly in areas where hygiene and sanitation are inadequate, avoid salads, uncooked vegetables, and unpasteurized milk and milk products such as cheese. Only eat raw fruits and vegetables that can be peeled. Avoid street food when possible, especially in areas where sanitation is questionable.

Keep clean. Hand washing is one of the most important practices in preventing illness from infections while travelling.

Eat yoghurt or use acidophilus tablets. Its helpful enzymes ease your digestive system into the local cuisine. Traveller's tummy usually is a self-limited disorder and often resolves without specific treatment; however, oral rehydration salts and plenty of clean water is often beneficial to replace lost fluids and electrolytes. The CDC has also recommended Pepto-Bismol® as a remedy.

Eat nutritiously. The longer your trip, the more you will be affected by an inadequate diet.

Protect yourself from insects while travelling abroad

Permethrin is recommended for use on clothing, shoes, bed nets, and camping gear.

When accommodations are not adequately screened or air-conditioned, bed nets are essential to provide protection and comfort. Tuck bed nets under mattresses and spray with a repellent such as permethrin.

Most authorities recommend repellents containing DEET (N,N-diethylmetatoluamide) as the most reliable and long-lasting. DEET repels mosquitoes, ticks, and other arthropods when applied to the skin or clothing. In general, the more DEET a repellent contains, the longer time it can protect against mosquito bites.

Use enough repellent to cover exposed skin or clothing. Do not apply repellent to skin that is under clothing. *Heavy application is not necessary to achieve protection.*