



# COSTA RICA



## PACKING LIST

### Program Materials

- Session 1: Order your required journal here under "Workshops" when available.
- Session 2: Order your required journal here under "Workshops" when available.
- Session 3: Order your required journal here under "Workshops" when available.
- StrengthsFinder results (from assessment)

### Clothing

- Quick dry clothes & towels
- Plastic bags to store wet clothes
- Activewear for adventure activities
- 3-4 pairs of scrubs (in any color) - **scrubs are required during service**
- Underwear & socks
- T-shirts
- Tank tops
- **Rain jacket is a must**
- Sweatshirt/light jacket
- PJs
- Hat
- Bathing suits
- When we're not in clinics, we'll be wearing casual/grungy clothes - things you do not mind getting dirty/sweaty in. **Most students prefer comfy over cute on this trip.**
- Durable water shoes - prepare to wear shoes that can be completely soaked: think Chacos or Tevas!
- 2, maybe 3 max, cute outfits (romper/dress, pants & a cute top) for meals out/final dinner

### Electronics

- Headphones
- Phone & charger
- Camera/GoPro & charger
- Portable charger

**\*You will not need a converter for your chargers; they are the same as USA\***

### Important Documents

- Passport & make two paper copies; leave one at home & bring one with you
- Printed copy of your flight itineraries (in rare situations they want this when going through immigration)
- Contact information for your program director and address to the hotel (in case your luggage is lost and you need it to be delivered)

### Toiletries

- Toothbrush & toothpaste
- Hairbrush & hair ties
- Shampoo & conditioner
- Deodorant
- Razors
- Face & body wash
- Chapstick
- Tissues

### Required for ALL Health Teams

- Disposable latex gloves
- Surgical masks
- Closed-toed shoes
- Stethoscope
- Blood pressure cuff (optional but recommended)

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## Personal Items

- Debit card & credit card - you can use USD in a lot of places in Costa Rica, but if you bring cash, bring newer bills in smaller denominations (\$1, \$5, \$10, \$20).
- Medications (make sure you have enough for the duration of the trip in the original prescription bottles)
- Personal first aid kit (LeadAbroad will not distribute medications to students)
- Contacts and/or glasses
- Suitcase lock
- Purse or fanny pack (bringing one that zips closed so it is secure; backpack is usually preferred)
- **Water bottle**

## Other Important Things

- Sunglasses
- Sunscreen
- Book/playing cards
- Travel pillow
- Ear plugs if you are a light sleeper
- Dramamine: if you are prone to motion sickness, bring some dramamine for winding bus rides
- Bug spray is a MUST: CDC recommends repellents that contain 20% DEET
- Laundry bag
- Quick dry travel towel
- Beach towel
- Handheld fan (battery powered or chargeable; it gets **hot!**)
- OPTIONAL (recommended by past students): pillow & lightweight blanket - you have pillows & blankets provided but some students preferred to have their own

## Personal List

## Staff Tips

- Packing cubes to get you organized
- Only bring luggage you can easily carry yourself! You will have to carry your luggage up and down stairs. You should pack everything in one bag you check, one small carry-on/duffle, and a small backpack/day pack
- Have a pen with you on the plane so you can fill out immigration forms
- Put everything important in your carry-on: medications, passports, electronics
- Pack a spare change of clothes in your carry-on in case your bag is delayed
- Leave room to bring things home- you'll want some souvenirs
- Throw in some hand sanitizer or wet wipes to stay healthy
- You will be able to do laundry, so don't overpack

## Donation Information

**\*While it is not required to bring donations, the following items are always appreciated.\***

- Vitamins (prenatal and children's chewable, and adult vitamins)
- Hygiene items (toothbrushes, toothpaste, soap, shampoo)
- Medical supplies (latex gloves, bandages, band-aids, antiseptics, aspirin and other pain relievers, cough syrup, allergy medicine, triple antibiotic cream, hydrocortisone)
- Children's medication (Tylenol, cough syrup)
- Anti-lice treatments (shampoo/pills)
- Anthelmintic medication (anti-parasitic)
- It's essential to be sure that medicine and vitamins do not expire for at least 1 year.