



ADVENTURES

IN GOOD COMPANY

PARADISE IN PANAMA PACKING LIST

FOOTWEAR

- 1 pair water shoes for kayaking/paddling (Ex: Tevas, Chacos, Keens)
- 1 pair sturdy walking shoes: athletic shoes with a good sole
- 2 - 3 lightweight synthetic socks: (Thorlo, Smartwool, running socks, etc.)

CLOTHING

- 2 pair lightweight pants: synthetic (nylon/polyester/spandex blend)
- 1-2 lightweight long-sleeve shirts with sun protection
- 1 lightweight raincoat with hood - good quality **“waterproof”** PVC coated nylon, or Gore-Tex type material
- 2 pairs of shorts: Quick-drying nylon is recommended
- 5-6 T-shirts (synthetic for paddling and hiking is recommended)
- 1 wide-brimmed hat, for rain, sun and high fashion (a string tied to the hat will keep the wind from blowing it away)
- 1 lightweight fleece jacket, fleece sweatshirt, or other warm layer
- underwear/nightwear
- 3 bathing suits (nylon shorts and a running bra also work as swimwear)
- 2-3 changes of comfortable clothes: e.g. pants and/or skirts, blouses, and tops

ESSENTIALS

- Passport** and Xeroxed copy
- 1 one-liter water bottle or hydration system
- 100% UV sunglasses with case and retention strap
- sunscreen and lip protection with an SPF of 30 or greater, **MUST BE “REEF SAFE SUNSCREEN”**
- 2 garbage bags for boat transfers/wet clothes
- small backpack for day use (hiking)
- ear plugs (for a good night’s sleep)
- Insect repellent
- bandanna
- headlamp

TOILETRIES (small everything)

- Toothbrush, small toothpaste, dental floss, shampoo, moist towelettes, sanitary supplies and a zip-lock plastic bag, contact lens paraphernalia
 - Personal “patch kit”/ medications. Recommendations: Insect Repellent with Deet, Hydrocortisone Cream, Benadryl
 - Insect Repellent
- Individuals allergic to insect stings must bring an epi-pen.**



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OPTIONAL (not required, personal preference)

- binoculars
- watch: water resistant
- waterproof camera bag
- camera, film/memory card, and an extra camera battery
- powdered hydrating drink mix (Gatorade, lemonade, etc.)
- small dry bag to carry wallet, passport, sunscreen, etc. for day use while paddling. A garbage bag inside your day pack can also work well.
- book
- extra sunglasses
- journal and pen

NOTES ON PACKING LIST

Adventures in Good Company's packing list includes items to help you be prepared for the various activities and conditions. It is not personalized, so please add the items that you require to travel safely and comfortably but remember – less is better! You may not use everything you bring; however, you need to come prepared for all possible weather. At the same time, you must be able to carry your own luggage, sometimes up and downstairs. Bringing a duffel bag or soft-sided suitcase with wheels, rather than a hard-sided suitcase, is easier for packing into the vans that will be transporting our luggage. **As space for luggage on our trips is limited, please do not overpack!**

Daypacks: Your daypack should be large enough to hold the following items: 1 liter of water, rain gear, lunch/snacks (for the day), sun screen, warm layer (fleece pullover or vest), personal first aid kit, lightweight gloves, warm hat and personal items such as camera, etc. We recommend a daypack with a capacity of between 18 - 24 Liters with a hip belt, padded shoulder straps, and 'lifters'. Line your daypack with a durable plastic bag to keep your belongings dry and/or have an elasticized pack cover that fits snugly over it. Before you leave home check to be sure that it is comfortable to wear all day and has sufficient space for all of the items listed above.

Footwear: Well-fitting, sturdy boots or trail shoes are very important to your safety and enjoyment. If you plan to buy new boots, break them in by wearing them around town and taking some short hikes *before* your trip. For general hiking, lightweight or midweight cordura or leather boots with a Vibram sole work well. If you have weak ankles or are recovering from an ankle injury, get boots that come above the ankle– you'll find that this will give you more support in uneven or slippery terrain. Remember to waterproof your boots before the trip. Even boots billed as 'waterproof' need to be treated with a waterproofing product.

Clothing: The clothing listed on the packing list has been chosen for your specific trip conditions and for its versatility for layering. NO COTTON for your activewear! All activewear should be made from synthetic/synthetic blends, down/down blends or wool/wool blends. Layering is the most practical and efficient method of insulating the body. Several layers of varied weight materials provide better insulation than one thick Layer of clothing. Also,



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adding or subtracting layers allows you to adjust to the temperature at your particular level of activity.

Rain Gear: You will need a parka or jacket made of a coated nylon or a waterproof/breathable fabric like Gore-tex, HellyTech, Membrane, H2No, or Ultrex. **Be sure it keeps water out.** Before making this important purchase, be sure that it fits you properly. It should be large enough to fit over all your layers. In particular, the hood needs to be effective. It should shield your face from the rain and turn with your head. Movement of your arms must not interfere with the hood. Put on your daypack; can you still raise your arms? Your wind/rain pants should be comfortable, allow enough room for your layers, and permit free movement of your legs (for example, can you crouch comfortably?). Partial or full-length leg zippers are useful for easily putting your pants on over your boots. An inexpensive plastic poncho will both leak and tear easily and is not recommended.

Hydration: Being able to easily access your water without assistance, so that you can drink frequently, is important to your safety and enjoyment. One method is to have a water bottle attached to your waist strap. Another option is to use a **HYDRATION SYSTEM** such as CamelBak, Platypus, and MSR bladder bags, which are collapsible water bags with a hose attachment that you drink from. The bags fit inside or outside your pack with the hose positioned over your shoulder so that you can access your water as you hike. Bladder bags can hold 1 - 3 liters of water.

Personal First Aid Kit: Bring a small first aid kit with familiar medicine and first aid supplies you might need. Recommendations include the following: blister or foot remedies like moleskin, Compeed, blister bandages, or similar, a small roll of duct tape (always useful!), remedies for respiratory ailments, stomach ailments, sore muscles or joints. The guides will have a first aid kit but having what you know works well for you is a good idea

International Travel Requirements: Please note that a valid passport is needed to travel to Costa Rica. For information on how to obtain a passport or renew your current passport please visit: <https://travel.state.gov/content/passports/en/passports.html>, ask your travel agent, or call the Passport Office at 202-647-0518. Allow at least 6 weeks.