

PACKING LIST – MULTI-ELEMENT COURSES

This is a list of what our instructors deem as fundamental gear for your course. You are free to bring whatever you feel you might want with you, but please keep in mind that you will be responsible for carrying your personal belongings in your backpack. Do not bring more than you think you will be able to carry.

Prior to leaving our base, instructors lead students through a process we call the “Duffle Shuffle.” During this process you will be issued the necessary equipment for whichever phase of your course (trekking, surfing, etc.) that you are about to embark on. At this time, instructors will advise you as to which of your personal items you will not need or cannot take on course. Any such items will be locked in our storage facility on base and returned to you at the end of your course.

When packing, please keep in mind that rain, mud, and cold nights are inevitable. Good equipment can protect your body from these elements and good preparation and care of your equipment can protect your equipment as well.

Personal Clothing

- 2 Pairs of casual clothes for travel and last night dinner
- 1 Tight-fitting rash guard (for surfing) - a tight-fitting t-shirt will do if you do not have one
- Underwear - lightweight, fast drying, NOT COTTON
- 3 Pairs (minimum) of serious hiking socks – wool or synthetic, such as Smartwool
- 2 T-shirts - highly preferable: non-cotton, fast-drying, and/or wicking fabric
- 2 Pairs of shorts - lightweight, fast drying, NOT COTTON
- 1 Pair of extra shorts and t-shirt for home visits
- 1 Pair pants - lightweight, non-cotton for mosquito protection
- 1 Fleece jacket – at Base Camp and during the hiking section, you will encounter cold nights
- 1 Outer layer wind jacket - doesn't need to be waterproof; an uncoated nylon wind shell is fine
- 1 Bandana
- 1 Baseball cap or sunhat
- 2 Tank tops

Rain Gear

****You WILL get rained on during your course. Rain gear can make or break your trip. Take the time and spend the money to get quality rain gear.**

- 1 Lightweight WATERPROOF rain jacket with a hood. Check at your local outdoor store (REI, EMS, etc.) for their store brand of jacket
- 1 Large waterproof backpack cover (or you can use large garbage bags to save money)

Foot Wear

- 1 Pair medium-weight, high-top hiking boots.
**Most important factors when boot shopping: must be comfortable, comes up ABOVE the ankle for good ankle support, and be BROKEN IN – NOT BRAND NEW! If you purchase new boots, follow the advice of the sales representative/boot manufacturer as to the length of time you need to wear your boots to sufficiently break them in before arriving.*

1 Pair non-Velcro sandals with ankle straps OR neoprene SCUBA/surfing shoes with a rubber sole. This is to protect your feet during the river section. We recommend Chacos, Keens or Texas. Crocs are not recommended.

For Women

1 Sport swimsuit
1 Board shorts/ swim trunks
2 Comfortable sports bras – preferably non-cotton
Tampons – bring a good supply even if you do not expect to need them. You DO NOT want to be surprised on course. Try to find a brand without plastic applicators or that are biodegradable.
Menstrual cramp medication recommended if you normally need it

For Men

1 Board shorts/ swim trunks

Personal Gear

1 Pair UVA/UVB protection sunglasses - polarized lenses are best for being on water
2 Nalgens or other wide-mouth water bottles - 1L each; the lid should be attached to the bottle so you can use a carabineer to hook it onto your backpack
1 Carabineer
1 Fox 40 whistle (non-cork ball)
1 Headlamp with extra batteries – Energizer brand headlamps have proven to be durable as well as cost efficient for course
5 Large Ziploc plastic bags
1 Bottle of insect repellent
1 Aloe Vera gel or other sunburn cream
1 Lip salve or balm with sunscreen
1 Bottle of waterproof sunscreen (SPF 30 or higher)
1 Tube Zinc oxide sun protection – if you burn easily this is the best sunscreen for you
1 Toiletry kit: toothbrush, toothpaste, biodegradable soap, small shampoo supply (biodegradable), foot powder, deodorant (unscented), antibacterial hand sanitizer
1 Pack towel (shammy)
1 Personal journal, paper, envelopes, and pens – we gladly provide postage for letters home

Medical

If you are taking prescription medicines or have glasses or contacts, bring backup supplies (up to 2x the normal amount)

Moleskin or Molefoam (for blister protection) is strongly recommended

NOTE: Instructors carry complete First Aid kits on all courses. You only need to bring medications specific to your needs.

Travel Documents/Money

Your passport (must be valid for at least six months)

Your plane ticket and copies of your flight itinerary to assist us in planning transportation for your return flight

A photocopy of the picture ID page of your passport

\$200 US CASH or Credit Card for medical emergency and personal items

Optional

1 Pair gaiters, medium height – Gaiters are a valuable piece of equipment that help to keep water, mud, and other debris out of your hiking boots

1 Extra pair of boot laces

1 Small dry bag

1 Long underwear layer* (top & bottom) - light to medium weight synthetic material such as polypropylene

1- 2 Secure straps (“Croakies”) for your sunglasses and/or glasses, if applicable.

Camera(s) – disposable/disposable waterproof are good options. If you bring a more expensive camera, we recommend a small dry bag or other waterproof case to store it. If you bring a digital camera, consider bringing extra batteries and memory cards.

1-3 Books for your reading pleasure

1 Travel pillow

1 Pair flip flops

1 Pair running shoes

1 Spanish-English dictionary

**These items are generally used to sleep in during cold nights – necessary if you get cold easily.*

CRROBS Provides

Hiking backpack

Sleeping bag and pads

Meal kit

Surfboard/boogie board

All necessary river equipment

Surfboards:

CRROBS provides all of the equipment necessary for the surfing sections of your course. **YOU DO NOT NEED TO BRING YOUR OWN BOARD!** It is not a good idea to buy a board if you are a new surfer just for your course!

If you intend to bring a board with you to Costa Rica:

Ensure that it is carefully packaged for transport- if you need suggestions for this, ask!

Be sure to bring all necessary parts: fins, bolts leash, bag, etc... and necessary tools specific to your board.

CRROBS provides surf wax.

REMEMBER: Think carefully about bringing your own board- it may be damaged in flight or on course. CRROBS is not responsible for any such damages should they occur.

ITEMS NOT ALLOWED ON COURSE

The following items will not be allowed while you are on course and will have to be left at our base. You may consider leaving them at home:

Cell phones – cell phones will most likely not work once you land in Costa Rica and therefore are only useful in US airports. Regardless of service, they are not permitted on course.

I-pods or other music devices- these items will need to be left at base once you start your course, but may be desirable for a flight.

Watches/ Clocks- if you are used to checking your wrist every five minutes, it's time to relax. => If you bring a watch with you, you will be asked to leave it at base. We find that students enjoy themselves much more if they aren't worried about the time.

Pocket Knives or Multi-Tools- we supply all the cutting implements you will need for your course; personal ones will need to be left on base.

Lighters- our instructors carry all fire-starting devices you will need for camping and cooking activities on course.

ANY OTHER PERSONAL ELECTRONIC DEVICES- (with the exception of cameras) must be left behind once you start your course, so think carefully before bringing them.

ANY ALCOHOL, DRUGS, CONTROLLED SUBSTANCES OTHER THAN PRESCRIBED BY A PHYSICIAN and TOBACCO PRODUCTS ARE FORBIDDEN ON COURSE!

We take this very seriously! Violations are grounds for expulsion from course. If you have questions, please ask.