

# PACKING LIST COSTA RICA:

## YOUR CHECKLIST TO TICK OFF

### DOCUMENTS

- COVID certificate
- Valid passport (check the validity and renew if necessary)
- Copy of passport (save digitally or keep separately from original)
- Visa on Arrival, if necessary
- Insurance certificate for health insurance abroad (online)
- Vaccination card (check if you need to refresh vaccinations)
- Flight ticket (printout or e-ticket)
- Travel credit card
- Cash
- List of emergency contacts and allergies, if any
- Optional:** Driver's license & international driver's license
- Optional:** Diving license
- Optional:** Waterproof document bag
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### TOILET BAG

- Toothbrush
- Toothpaste
- Dental floss
- Deodorant
- Hairbrush
- Sunscreen
- Razor
- Shower gel/soap
- Shampoo/conditioner
- Nail care
- Face lotion
- Lip protection
- Tweezers
- Microfiber towel
- Toiletries
- Optional:** Make-Up
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### ELECTRONICS

- Mobile phone with charger
- Travel plug adapter type F + G
- Headphones
- Powerbank or solar charger
- Flashlight/ Headlamp
- Optional:** Camera with charger
- Optional:** Raincover for your camera
- Optional:** Laptop/tablet/e-reader/ kindle with charger
- Optional:** Multiple power socket
- Optional:** Rain cover for your smartphone
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### PERSONAL COMFORT

- Backpack ( pay attention to hand luggage dimensions: 55x40x20cm for the plane)
- Dry Bag
- Sunglasses
- Earplugs/Ohropax
- Books/magazines
- Cap/headgear
- Sleeping mask
- Travel pillow (for flight and longer trips)
- Optional:** Card games, board games
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### ENVIRONMENTALLY CONSCIOUS TRAVEL

- Reusable silicone tubes filled with your shampoo, conditioner, shower gel
- Reusable bottle (preferably stainless steel for hot and cold)
- Optional:** Reusable cup (preferably stainless steel for hot and cold)
- Optional:** Stainless steel outdoor cutlery (knife, spoon, fork, chopsticks, straw)
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### TRAVEL PHARMACY

- Hand sanitizer or wipes
- Anti-mosquito repellent (e.g. Nobite, Autan)
- Painkillers (e.g. Ibuprofen, Aspirin)
- Diarrhea medication (e.g. Imodium Akut, charcoal tablets)
- Wound cream (e.g. Bepanthen)
- Band-aids
- If necessary, pills against travel sickness
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### CLOTHES & SHOES Dry season (NOV - APR)

- Underwear
- Socks
- Pyjamas/Sleepwear
- Swimwear & towel
- Long light pants/Jean
- Shorts/skirts
- T-shirts/tops (some should cover the shoulders)
- Thin longsleeves
- Beach dress/Beach outfit
- Light jacket
- Thin rain jacket
- Waterproof shoes
- Solid footwear: Sneakers, etc.
- Sandals/Flip Flops
- Trekking equipment
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### WET SEASONS EXTRAS

- Umbrella/Poncho
- Rain cover for your backpack
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