



Suggested Packing List

The Monteverde Institute recommends that you only bring what you are comfortable carrying on your own. An internal framed backpack or duffle, and a small hand carry, should be fine.

Costa Rica is said to have a wet and dry season. Depending upon where you are in the country it can be rainy, misty, hot, humid and cool any time of the year. We suggest you bring lightweight, easy-drying clothing that can be layered for a wide range of weather conditions. Below is a suggested packing list for a two or more week trip.

Remember, everything must be in a single carry-on bag. We will not check on any luggage. Although this may be a challenge for some, the experience of being light, efficient and mobile will make your time in Costa Rica much more enjoyable. Trust us!

Clothes:

3-4 shirts (long and short sleeved shirts)

2 pairs pants (light cotton or nylon, a couple of jeans (although they take time to dry with MV's humidity)

1 or 2 pairs shorts, capris, or knee-length skirts

Socks, including some heavier ones for hiking

Underwear (10-day's worth)

1 sweatshirt or a light jacket it can be cool and damp. A fleece jacket combined with a windbreaker is fine

Sneakers, running shoes or comfortable walking shoes

1 of evening shoes

Waterproof hiking boots or sturdy walking shoes with ankle support

Modest Bathing suit

Flip flops for using indoors

Rain gear: sturdy poncho or raincoat, and a compact umbrella

Hat (baseball cap or sun hat is fine)

A warm sweater for cool / rainy evenings

Other:

Any prescription medications you may need, along with a copy of the prescription

Personal toiletries (shampoo, soap, toothbrush, tampons, etc.)

Extra eyeglasses, contact lenses (and a copy of the prescription), contact lens solution

Towel

Rechargeable Batteries/Battery charger! *THINK GREEN!* ♻️

Flashlight or headlamp

Water bottle

Watch with alarm

Day pack large enough for lunch, water bottle, rain gear, extra layer of clothing, camera,

Journal and notebooks

NOTE: Except for some prescription items, and rechargeable batteries, ALL of these items can be purchased in Costa Rica.

Optional items:

Camera

Binoculars

Earplugs (for noisy hotels)

Photos of family and friends

Ziploc bags of different sizes (to keep items from getting wet)

Padlock

Money belt or neck wallet

Tissue packets

ADDITIONAL ITEMS. We encourage you to keep a list of additional items you bring with you. Use this space to write them down, and be sure to bring a copy. As an additional protection in case of lost baggage or theft, consider writing the value of the items you bring, and keep the receipts at home.