



## • WHAT TO PACK •

### PANAMA TO COSTA RICA + MONTEVERDE, ARENAL VOLCANO AND SARAPIQUI

First of all, the atmosphere aboard is casual. There is no expectation of any formal dress whatsoever; after all, it is an expedition.

You should be prepared for warm and humid conditions, with daytime temperatures in the 80's and 90's Fahrenheit. Rain, either a drizzle or a downpour, is possible at any time. Excursions will visit Pacific beaches, islands, and tropical rainforests, so your shoes and clothing will in all likelihood get wet, sandy, and muddy. Although the weather will be warm, you may want to pack some long-sleeved shirts for sun protection while kayaking, swimming, or snorkeling.

Most of the outings on this expedition use our Zodiac landing craft to bring guests ashore. As there are no docks or jetties, you will be stepping out of the Zodiac into shallow surf and sand. Water sandals/shoes will protect your feet and help provide sure footing during these "wet landings."

Below is a packing list developed by one of our expedition leaders. If you have any questions, please give us a call.

- Teva or similar water sandals/shoes for wet landings.
- Lightweight hiking boots/shoes for walks on uneven, slippery terrain.
- Usual assortment of shorts, T-shirts and other casual, mild-weather clothes.
- Long pants and mid-calf socks for insect protection during Barro Colorado visit.
- Long-sleeved shirts or sweatshirts, as evenings in Monteverde can be chilly.
- One or two swimsuits.
- Sun protection: hat, sunglasses, waterproof sunblock (SPF 30 minimum).
- Windbreaker, rain jacket or lightweight rain poncho.
- Waterproof insect repellent.
- Binoculars (one pair per traveler is recommended).
- Small backpack or rucksack; waterproof bag to hold camera and other gear.
- Small flashlight.
- Travel alarm clock.
- Camera, lenses and plenty of film and/or memory cards and extra camera batteries.
- Hand laundry supplies, such as Woolite. Please note that there are no laundry facilities aboard.

Visit our online store, [www.LEXGEAR.com](http://www.LEXGEAR.com), for a convenient way to shop for your expedition.