

Packing List – Costa Rica and Panama

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

Wind and sun can be harmful to your skin without proper protection. A key element to your comfort and enjoyment is sufficient protection, both in clothing and in topicals. Be sure to pack a sufficient supply of both.

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

Packing List
<input type="checkbox"/> Teva or similar water sandals/shoes for wet landings.
<input type="checkbox"/> Lightweight hiking boots/closed toed shoes for walks on uneven, slippery terrain.
<input type="checkbox"/> Assortment of shorts, T-shirts and other casual, mild-weather clothes.
<input type="checkbox"/> Long pants and mid-calf socks for insect protection during Barro Colorado visit.
<input type="checkbox"/> One or two swimsuits and a cover up.
<input type="checkbox"/> Windbreaker, rain jacket or lightweight rain poncho.
<input type="checkbox"/> Waterproof insect repellent.
<input type="checkbox"/> Binoculars (one pair per traveler is recommended).
<input type="checkbox"/> Small backpack or rucksack; waterproof bag to hold camera gear.
<input type="checkbox"/> Hand laundry supplies, such as Woolite. Please note there are no laundry facilities aboard.
<input type="checkbox"/> Travel alarm clock.
<input type="checkbox"/> Camera, lenses, and plenty of film and/or memory cards, and extra batteries.

Visit our online store, www.gearupexpeditions.com, for a convenient way to shop for your expedition.