

## Marine Mammals and Predators in Costa Rica

### Expedition Packing List

#### GENERAL

- Expedition Logistics Document
- Your travel plans, rendezvous details, and Earthwatch's emergency contact information
- Photocopies of your passport, flight itinerary, and credit cards in case the originals are lost or stolen; the copies should be packed separately from the original documents
- Passport and/or visa (if necessary)
- Certification of vaccination (if necessary)
- Documentation for travel by minors (if necessary)

#### CLOTHING/FOOTWEAR FOR FIELDWORK

- Bring clothes you don't mind getting dirty and wet.
- Lightweight, quick-drying, long-sleeved shirts to keep you protected from sunburn and mosquito bites
- Long shorts
- Quick-drying, long hiking/cargo pants; keep in mind they will get wet (to avoid sunburn/bug bites on the boat)
- Wide-brimmed sun hat
- Poncho or light rain jacket
- Sneakers (be prepared to get them wet)

#### CLOTHING/FOOTWEAR FOR LEISURE

- At least one set of clothing to keep clean for end of expedition
- Sandals or flip flops
- Closed-toed shoes for walking around camp at night
- Shorts and shirts for wearing around camp

#### FIELD SUPPLIES

- Small daypack
- Two one-liter water bottles
- Headlamp (with red filter or bulb for use while checking fishing lines at night by boat) with extra batteries and extra bulb
- Dry bag or plastic sealable bags (good for protecting equipment like cameras from dust, humidity, and water)
- Very Important: Sunscreen lotion SPF 30+ (We encourage biodegradable reef/fish-friendly products like those from [Stream2Sea](http://Stream2Sea). Get 10% off with promo code 'Earthwatch')
- Insect repellent

## BEDDING AND BATHING

**Note:** The lodge will provide sheets, pillows, towels and blankets.

- Extra Towel

## PERSONAL SUPPLIES

- Personal toiletries (We encourage biodegradable reef/fish-friendly products like those from [Stream2Sea](http://Stream2Sea). **Get 10% off with promo code 'Earthwatch'**)
- Antibacterial wipes or lotion (good for cleaning hands while in the field)
- Personal first aid kit (e.g., anti-diarrhea pills, antibiotics, antiseptic, itch-relief, pain reliever, bandages, blister covers, etc.) and medications
- Spending money

## OPTIONAL ITEMS

- Spending money
- Binoculars, preferably 8x to 10x magnification with wide lens aperture
- Hardware for sharing digital photographs at the end of the expedition
- Travel guide
- Books, games, journal, art supplies, etc. for free time
- Bandana for extra sun protection
- Camera, film or memory card(s), extra camera battery
- Hardware for sharing digital photographs at the end of the expedition
- Dry bag or plastic sealable bags (e.g. Ziploc) to protect equipment like cameras from dust, humidity, and water
- Books, games, art supplies, etc. for free time
- Earplugs for light sleepers
- Anti-itch cream
- Electrolytes
- Dramamine or your preferred motion sickness treatment (though the gulf is very calm)

**Note:** Do not bring more luggage than you can carry and handle on your own. If traveling by air and checking your luggage, we advise you to pack an extra set of field clothing and personal essentials in your carry-on bag in case your luggage is lost or delayed.