

# Costa Rican Sea Turtles

## Expedition Packing List

### REQUIRED COVID-19 SAFETY ITEMS

In addition to the items included below, please also bring:

- Proof of COVID-19 vaccination, including booster doses if available—physical paper documentation is needed
- Sufficient funds to cover any required COVID testing (*if needed for return to your home country; \$65–110 USD in Costa Rica*)
- Enough face masks for the entire length of the project. Even when mask use is no longer required on site, all participants must still bring a supply of masks with them in the event they are needed. (N95, FFP2 or equivalent are recommended.)
- Multiple travel antigen (rapid) tests for COVID-19
- Personal thermometer for daily health checks
- Hand sanitizer for personal use (at least 60% ethyl alcohol)
- Enough personal medications, or other necessities, to cover possible time in quarantine beyond your planned travel days

### 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

- At least three comfortable T-shirts. You will also be supplied with a work t-shirt upon arrival that you will be asked to wear all for nighttime or daytime research tasks.
- At least two pairs of shorts to wear during daytime research activities
- At least one pair of lightweight long pants to wear on the beach at night
- A long-sleeved, lightweight sweatshirt
- A light rain jacket or poncho, plus rain pants if you wish (especially October–November teams)
- Plenty of socks for protecting your feet while walking in sand (long-tennis socks are great for stopping bugs from biting your ankles while patrolling)
- At least one pair of broken-in sneakers that you are comfortable getting wet and walking in for long- distances on sand. Closed-toed sandals (e.g., Keens) or light hiking boots are also suitable and depends on your preference. Some biologists have found Crocs sandals to be very comfortable, but this depends on the individual.
- Wide-brimmed hat

#### CLOTHING/FOOTWEAR FOR LEISURE

- At least one set of clothing to keep clean for end of expedition and for possible recreational activities
- Sandals or flip-flops for daytime activities.
- Loose, comfortable clothing. Long sleeves and long pants are recommended for the evening to discourage insect bites, while shorts and t-shirts are suitable for daytime activities.
- One bathing suit for swimming and relaxing (two if you want to always keep one pair dry)
- Loose, comfortable clothing for during the day while not working (shorts and T-shirts)

#### FIELD SUPPLIES

- One headlamp (*a small 2xAAA size headlight is recommended*). Headlamps with red light settings are best because turtles are less sensitive to red light than they are to white light. If the headlight does not have a red light setting a red filter will be applied in the field.
- Small daypack
- Sunscreen lotion (We encourage biodegradable reef/fish-friendly products like those from [Stream2Sea](#).)
- Insect repellent
- Refillable water bottle(s)

#### BEDDING AND BATHING

**Note:** Bedding and pillows will be provided by the project.

- At least one large bath towel
- Beach towel

#### PERSONAL SUPPLIES

- Personal toiletries (we recommend biodegradable or reef/fish-friendly products like those from [Stream2Sea](#). **Get 10% off with promo code 'Earthwatch'**)
- Personal first aid kit (e.g., anti-diarrhea pills, antibiotics, antiseptic, itch-relief, allergy meds, pain reliever, bandages, blister covers, etc.) and medications
- Spending money in cash (U.S. \$250–300 or the equivalent in colones is usually plenty unless you are planning additional side trips) and a credit card (most credit cards are readily accepted)

#### OPTIONAL ITEMS

- 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 and/or sleep mask for light sleepers
- A travel alarm clock
- Sunglasses
- Digital light-up, water-repellent watch
- A small, hand-held flashlight (in addition to a headlamp, which is required)
- Extra snacks like granola bars or trail mix; they are quite expensive in Costa Rica
- Bandana(s) to keep bugs and sand out of your hair

- Snorkel and mask if you want to snorkel during recreational time (we have a few sets to share at the station, but if you have your own, we suggest that you bring it)

#### THE WISH LIST

We greatly appreciate donations. The following items are used on the project:

- AAA batteries
- Headlamps
- Nonprescription first aid supplies (e.g., cotton balls, gauze, bandages, antibiotic ointment, antiseptic wipes, tissues)
- Alcohol swabs
- SARS-Cov-2 antigen (rapid) tests
- Insect repellent
- Disposable latex and/or nitrile (non-latex) gloves of all sizes
- Plastic garbage bags (small and medium)
- Supplies for the local primary school (e.g., pencils, pens, crayons, color pencils, notebooks, small children's toys, folders, paper, books in Spanish, posters, paints, and brushes).
- Supplies for the local primary school for Covid protection (KN95 masks for kids, hand sanitizer, etc.)
- Candies or ANY chocolate
- Your favorite condiment
- Clicker counters
- Neon flagging tape
- Fabric tape measures (must measure in metric and be at least 2 m long)
- Plane blankets—useful to keep bugs at bay when we take breaks during night work!

**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.

If you will be taking an international flight that has one or more connections within the country of your destination, you must collect any checked bags at the airport where you first arrive in the destination country. After proceeding through customs, recheck your luggage before flying on to your destination.