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Conserving Wild Bees and Other Pollinators of Costa Rica

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
- Sufficient funds to cover any required COVID testing (*tests currently range from $65–$110 USD*)
- 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

- 2–3 lightweight, quick-drying, button-down long-sleeved shirts
- 2–3 pairs of quick-drying long pants
- Wide-brimmed sun hat or baseball hat
- Lightweight raincoat or poncho
- Knee-high rubber boots, OR snake boots OR hiking boots with ankle support with snake gaiters (available at Ben Meadows, Forestry Suppliers, Cabela's, and other retailers)
- 4–5 pair of thick hiking socks (wool or synthetic—NOT cotton)
- Bandana
- Leather or cloth and rubber garden/work gloves

CLOTHING/FOOTWEAR FOR LEISURE

- At least one set of clothing to keep clean for end of expedition
- Sandals (preferably ones that can get wet)
- Lightweight pants (jeans are not the best, if they get wet they will not dry before you leave)
- Shorts
- T-shirts

- Sweatshirt / light jacket
- Tennis shoes / casual shoes

FIELD SUPPLIES

- Daypack to carry and keep your personal items together and dry
- Sunscreen lotion SPF 45 (We encourage biodegradable reef/fish-friendly products like those from Stream2Sea. Get 10% off with promo code 'Earthwatch')
- Lip balm with sunscreen
- Field notebook and pencils
- Two one-liter water bottles, OR One two-liter water bottle or reservoir
- Insect repellent
- Sunglasses
- Binoculars

BEDDING AND BATHING

Note: all bedding, as well as a bath towel, is provided at the research station.

PERSONAL SUPPLIES

- Personal toiletries (We encourage biodegradable reef/fish-friendly products like those from 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
- Baby powder (recommended by field staff to relieve chafing in the hot, humid environment)
- Small Bottle of Aloe Vera or equivalent skin calming cream (good for bug bites and sunburn)
- Flashlight or headlamp with rechargeable batteries (don't forget your charger!)
- Laundry detergent packets, and a clothesline (Osa teams only)
- Umbrella
- Spending money

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 for light sleepers
- Flip flops or sandals for the shower

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.*