

Tracking Caterpillars in Tropical Forests (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 (*Project-specific cost estimate for both antigen and PCR test.....*)
- 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*)
- Calling card or mobile phone (Note: the campus does not have good cell phone reception, but does have wireless internet available throughout)
- Credit card that may be used in the event of an emergency (travel delays, etc.)

CLOTHING/FOOTWEAR FOR FIELDWORK

- Lightweight, quick-drying, long-sleeved shirts
- Lightweight, quick drying pants (jeans do not work well in the field)
- T-shirts
- Teva-like water shoes
- Knee-high rubber boots or Wellingtons/gumboots (fancy leather hiking boots are not advised)
- Lots of socks
- Soft (foldable) hat with a broad brim to protect against sun and rain
- Rain poncho or jacket (rain pants are also useful but not required)

CLOTHING/FOOTWEAR FOR LEISURE

- One nice set of clothing for evening in town or to keep clean for end of expedition
- Sandals for relaxation around the research stations
- One set of warm clothes for cool evenings

FIELD SUPPLIES

- Small daypack/rucksack
- Drybag or plastic sealable bags (good for protecting equipment such as camera from dust, humidity, and water)
- Insect repellent
- Headlamp (preferred) or flashlight with extra batteries and bulbs (essential for fieldwork at night, to find your way to your room, and to avoid snakes and other hazards)
- Waterproof wristwatch
- Well worn-on (NOT brand new) comfortable walking shoes or hiking boots
- Camera, film or digital memory storage, extra camera batteries (rechargeable batteries are preferred as there are no disposal facilities for used batteries)
- At least two one-liter water bottles
- Umbrella
- Sunscreen lotion SPF 30+ (waterproof and sweat proof advised) (We encourage biodegradable reef/fish-friendly products like those from [Stream2Sea](#). Get 10% off with promo code 'Earthwatch')

BEDDING AND BATHING

Note: the project will provide linens, pillows, towels, blankets, etc.

PERSONAL SUPPLIES

- Personal toiletries (we recommend biodegradable or reef/fish-friendly products)
- 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, allergy meds, pain reliever, bandages, blister covers, etc.) and medications
- Spending money
- Money to cover COVID test for return travel if required for your home country (tests current cost about \$65–\$110 USD in Costa Rica at the time of publication of this document)
- Roll of toilet paper
- Quick-drying, easily packable towel

OPTIONAL ITEMS

- Travel guide
- Waterproof pants
- Waterproof alarm clock (battery operated or digital watch with alarm works best)
- Favorite snack foods
- Sunglasses with retainer strap
- Compass
- Binoculars
- Guidebooks, especially bird books, for Costa Rica
- Some duct tape (this is always handy, but a whole roll is not necessary)
- Camera, memory card(s), extra camera battery
- Hardware for sharing digital photographs at the end of the expedition
- Books, games, art supplies, small instruments, etc. for free time
- Earplugs for light sleepers



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- Travel antigen or rapid tests for COVID-19 (helpful in remote location where access to medical care can take time)

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.*