

Marine Life Conservation in Costa Rica

Expedition Packing List

REQUIRED COVID-19 SAFETY ITEMS

The following items are required to be prepared in the event you or another person on site displays symptoms or tests positive for COVID-19:

- Multiple face masks—enough for the duration of the project (N95, FFP2, or equivalent are recommended)
- **IMPORTANT:** Multiple (3–4) COVID-19 antigen (rapid) tests
- Personal thermometer
- Hand sanitizer
- Proof of COVID-19 vaccination (if required by your destination country)
- 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

- 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 the end of the 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 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+
- Insect repellent
- Mosquito net (consider treating with Permethrin or another insecticide for enhanced protection). Nets can be purchased online through [Amazon](#), [REI](#), and many others.

BEDDING AND BATHING

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

- Extra Towel

PERSONAL SUPPLIES

- Personal toiletries
- 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

OPTIONAL ITEMS

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

Luggage: Bring only what 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.

Personal Laptops: Wi-Fi is not available for participant use. In addition, high heat and humidity in the region can disrupt the smooth functioning of laptops—sometimes necessitating repair/replacement. Therefore, participants are discouraged from bringing personal laptops on this expedition.