

Costa Rican Sea Turtles

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

- At least three comfortable T-shirts. You will also be supplied with a work T-shirt upon arrival, which you will be asked to wear for nighttime or daytime research tasks.
- At least two pairs of shorts to wear during daytime research activities
- At least two pairs of lightweight, long pants to wear on the beach at night; quick dry is best
- 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 you are comfortable getting wet and walking in for long- distances on the sand. Closed-toed sandals (e.g., Keens) or light hiking boots are suitable and depend on your preference. Some biologists have found Crocs sandals very comfortable, but this depends on the individual.
- Water shoes for onboard the research boat
- Wide-brimmed hat
- Bathing suit for a boat day
- Protective sun clothing for the boat day
- Lightweight long-sleeved shirt to protect you from bugs at night
- Warm jacket for cold nights in Cabuyal

CLOTHING/FOOTWEAR FOR LEISURE

- At least one set of clothing to keep clean for the end of the expedition and 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 suit daytime activities.
- One bathing suit for swimming and relaxing (two if you always want to keep one pair dry)
- Loose, comfortable clothing for during the day while not working (shorts and T-shirts)
- Shower shoes
- Warmer sleeping clothes for Cabuyal

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 white light. A red filter will be applied in the field if the headlight has no red light setting.
- Small daypack
- Sunscreen lotion
- Insect repellent
- Refillable water bottle(s)

BEDDING AND BATHING

Note: The project will provide bedding and pillows.

- At least one large bath towel
- Beach towel
- Mosquito net for use at Los Horizontes Field Station (the type with four corner ties is best for use with bunk beds, see example here: [Amazon.com: Coghlan's 9640 32x78 Mosquito Bed Net, Multicolor, single wide / 180-mesh: Sports & Outdoors](https://www.amazon.com/Coghlan-s-9640-32x78-Mosquito-Bed-Net-Multicolor-single-wide-180-mesh-Sports-Outdoors)).
- Portable blanket (particularly for use at Los Horizonte Station if you tend to get cold at night)

PERSONAL SUPPLIES

- Personal toiletries
- 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 a 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, which 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 the boat day (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., 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, colored 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 help keep bugs at bay during breaks during night work!
- Digital calipers

Note: *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.*

If you are 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 to your destination.