

# Packing List

- Keep in mind that the average temperature for the Osa is 90°F and extremely humid.
- There is a large sink for washing clothes at El Ceibo, if you wish to do it yourself. Or you can pay Marlene to do laundry for you. (Cost is per pound)
- When entering a school, church or formal business, it is respectful to wear something that covers your knees and shoulders. Dress conservatively, yet lightweight!
- Packing for 1 week or 10 weeks does not make much of a difference!
- Check with airlines (international and domestic) on weight allowance
- Bring a daypack along with a larger suitcase or backpack

## Shoes and Clothing

- Sturdy sneakers or lightweight hiking shoes
- Nicer shoes for travel and internship (can be sandals)
- Flip flops and/or strapped sandals (Teva or Chaco)
- 5 pairs of socks (lightweight)
- 4-5 pairs of long pants or skirts covering knees
- 4-5 pairs of shorts or shorter skirts
- Bathing suit (conservative)
- 1 long sleeved-shirt
- 1 lightweight jacket (for travel and night in San Jose)
- 1 thin towel

## Other

- Umbrella
- Wide-brimmed hat
- Water bottle (large Nalgene)
- Sunglasses
- Headlamp
- Batteries
- Camera and charger
- Cheap waterproof watch with alarm

## Personal items

- Passport and ID (school ID or driver's license)
- Cash and ATM card
- Guide Book (recommend Lonely Planet)
- Live the Osa Handbook*
- Photocopy of passport, and health insurance
- Small Spanish-English dictionary
- Gifts for family (anything related to where you are from and easy to pack)

## Toiletries

All toiletries can be bought in Puerto Jimenez, so you only need to bring enough for travel days.

- Toothpaste and toothbrush
- Comb / brush
- Shampoo and conditioner
- Feminine hygiene
- Razors
- Deodorant
- Contacts and solution / glasses (with extras) hard to find in town
- Sun Screen (30+ SPF) higher numbers are hard to find in town
- Bug repellent hard to find in town

## Personal First Aid Kit

These items are not always available in Puerto Jimenez so bring extra if prone to use.

- Tylenol / Advil
- Antibiotic (get prescription from doctor)
- Ear drops (Swimmer's Ear)
- Pepto-Bismol
- Antibacterial wipes or liquid
- Neosporin
- Gold Bond powder
- Small bottle of Aloe