

Packing List for Monteverde Institute Short Courses

CLIMATE IN MONTEVERDE, COSTA RICA

Although Monteverde is said to have a wet and a dry season, it can be **rainy, misty and cool** at any time of the year—Monteverde is at 5,000 feet. You may think you're going to be sweltering in the tropics, but this is NOT necessarily the case! Participants must come prepared for wet, chilly, muddy weather in addition to warm sunny weather. We suggest you bring clothing that can be layered in order to be ready for a **wide range of weather conditions**.

CLOTHES

- 3-4 Shirts (long-sleeved shirts in combination with a few t-shirts make a good mix—you will have many opportunities to expand your traveling wardrobe by buying souvenir t-shirts while in Costa Rica!)
- 2-3 pairs field pants (light cotton and jeans)
- 1 or 2 pairs shorts
- Underwear
- Plenty of socks, including some heavier socks for hiking. They get muddy quickly.
- 1 or 2 sweatshirts or light jackets—it can be cool & damp. A fleece jacket combined with a windbreaker is fine.
- Hiking boots or sturdy walking shoes with ankle support (Rubber boots, necessary at times of heavy rain, can be purchased for about \$10.00)
- Bathing suit and beach towel
- Rain gear (sturdy poncho or raincoat, and a compact umbrella)
- Sneakers or sandals for wearing indoors
- Hat (baseball cap or sun hat is fine)
- One set of nice-but-casual clothes to wear in the evenings and in San José

OTHER

- Any **prescription medications** you may need (many prescription drugs easily found in the US may not be available in Costa Rica)
- **Day pack** large enough for lunch, water bottle, rain gear, extra layer of clothing, camera and binoculars
- Binoculars—borrow a pair if you don't own any; even a small pair makes a huge difference
- Personal toiletries (shampoo, soap, toothbrush, tampons for women, etc.)
- For contact lenses users: Solution for contacts and a pair of glasses or prescription (in case of loss or damage of contact lens)
Glasses: extra pair or prescription (in case of loss or damage)
- For contact wearers: solution and extra contacts or glasses
- Sunscreen with high SPF (15 or higher)
- Insect repellent
- Mosquito net
- Basic first aid kit (band-aids, antiseptic ointment, moleskin for blisters, etc.)
- Flashlight and batteries for night walks
- Extra batteries both for camera and flashlight (a US style recharger can be used in most places)
- Water bottle
- Field notebook and pens or pencils
- Travel alarm or watch with alarm
- Tickets and passport with a photocopy of passport and airline tickets stored separately
- \$17.50 for airport exit fee
- Plastic bags for protecting camera, etc. (Zip-lock bags are the best)

OPTIONAL ITEMS

*Items suggested by past participants that you may or may not want to bring; these are **not** necessities.*

- Camera & **high speed** film—ASA 400 for shots in the forest. (Film is available but **expensive** in Costa Rica)
- *Guide To Birds of Costa Rica* by Stiles and Skutch (much cheaper in USA than in Costa Rica)
- Earplugs (the San José hotel may be noisy)
- Plastic sandwich container for field lunches
- Washcloth (hotels in Costa Rica do not provide washcloths)
- Shoes to wear indoors

Limited laundry services is available at hotel in Monteverde (pay per item) so try not to over pack.

Luggage: No more than your two allowable checked bags, plus a carry-on. We recommend that you bring **ONLY** what *you are comfortable carrying on your own*. Internal frame backpacks as well as duffel bags are fine. Luggage occasionally arrives late; travel with a few essentials (medications, change of clothes, toothbrush) in your carry-on bag.