

PACK LIST: COSTA RICA 2008

GLOBAL WORKS CUSTOM GROUP TRAVEL

Please refer to this handy packing list for your Global Works journey. Follow this list as closely as possible, as it will ensure your comfort on the trip and allow us to travel efficiently as a group.

***Please note: This Packing List is based on a 10-DAY PROGRAM. If your trip is shorter or longer than ten days, please adjust accordingly!**

A FEW PACKING TIPS TO GET YOU STARTED:

» **Travel lightly!:** Each participant must be able to carry his or her own luggage. We recommend you aim for 35-40 lbs. maximum.

» **Remember the goals of your trip:** Keep in mind that you will be participating in service activities, and that there is a high likelihood that you will get dirty (yay!). Please consider this when packing and bring at least one set of clothes that you do not mind leaving behind. Remember, this is not a trip of high fashion and multiple changes of clothes. We encourage you to try to live simply while on your trip!

» **Consider the weather and environment of Costa Rica:** Costa Rica's dry season runs from December through May, and rainy season lasts from June through November. Even in the rainy season, it is usually sunny and warm during the day, with an afternoon storm. Most importantly, it is constantly humid during the wet season, so clothing takes awhile to dry; please consider this while packing if your trip is in the wet season.

SPECIAL NOTES IN REGARD TO PACKING:

I. SPENDING MONEY: Most students spend between \$100 - \$200 during the trip, but certainly you can do with less. Global Works pays for meals, admissions, lodging, laundry, etc. We recommend that you bring more than one form of money to Costa Rica. Debit cards with the VISA logo and student's name (please have a PIN number to use in ATM's!) is one form of obtaining spending money in Costa Rica (there will be an ATM fee). Other forms are traveler's checks and cash. Please bring cash in small bills (ones, fives, tens).

II. LAUNDRY: You can plan on having laundry done one time during the homestay, and one time as a group when we are not in the homestay community.

III. COMMUNICATION/PHONE CARDS: There will be opportunities to call home and a few opportunities to e-mail. Please DO NOT bring calling cards from the U.S. and expect to be able to use them in Costa Rica. You will be able to purchase phone cards from your leaders in Costa Rica; we have found this to be the easiest, cheapest, and most effective way to handle phone communication! *Cell phones are not advised except for travel days in the U.S.* Cell phones should not be used while in Costa Rica. Also, your leaders will not be responsible for the care or loss of your cell phone. Many students will bring a US calling card just for airport days.

IV. HOMESTAY GIFTS (if your group is doing a homestay): Because you will not know the members of your family until a few days into the trip, a good idea is to bring one gift for your hostmom, one for your hostdad, and a collective gift for the children. Moms love to receive inexpensive kitchen or bath items, music, or picture books. Popular gifts with dads are team T-shirts, hats, music, personalized pens/pins/etc., novelty items (be creative!). We recommend an interactive gift for children, an activity that you can do with them like puzzles, card games (UNO, Crazy Eights, etc.), arts and crafts, Frisbees, hackysacks, soccer or footballs, magazines or books. Past participants also suggest bringing gifts that are unique to your hometown.

Please feel free to contact us at any time if you have questions about packing!

COSTA RICA '08 PACKING CHECKLIST

Global Works Custom Group Travel 2008

This Checklist is based on a 10-Day Global Works program. If your trip is shorter or longer, please adjust accordingly. Let us know if you have questions! ☺

ITEM & QUANTITY (Quantity indicated if other than "1")	INFO	GOT IT!
IDENTIFICATION & MONEY		
Valid Passport	~	
Copies of Passport (2)	Copy page where photo appears.	
Permission to Travel Form	Signed and notarized. Necessary for getting through customs and across borders.	
Spending Money	\$100-\$200 recommended. Bring at least 2 different forms of spending money.	
Student ID	School ID or other photo ID is acceptable.	
Money Belt	A money pouch or purse is also acceptable. Use to hold money, passport copy and other important items	
Airport Departure Tax	Refer to your final mailing letter for the total.	
EQUIPMENT & GEAR		
Large Backpack, Rolling Duffel Bag, or Suitcase with Wheels	Be able to carry all gear comfortably and without help for at least 2 blocks.	
Rainproof Backpack Cover	To keep belongings dry.	
Daypack	Such as a school backpack. For us as airplane carry-on and as a day hike bag.	
Bath/Beach Towel	~	
Washcloth	~	
Lightweight-low hiking boots OR Cross Trainers	Must be broken-in. Used for excursions/hikes and for work projects. They are likely to get dirty during service projects.	
Comfortable sneakers	~	
Waterproof Sandals	Teva or Chacos (or their knockoffs) are best. For programs doing a rafting trip, you will need water shoes that have a strap (no flip-flops, please!). If you choose to bring flip-flops, they must be IN ADDITION to other, more sturdy water shoes.	
Sunglasses	~	
Spare eyeglasses for contact wearers	~	
Eyeglass strap for eyeglass wearers	For rafting trip and other adventure activities.	
Headlamp or Flashlight	This is an absolute necessity. We strongly recommend a headlamp over a flashlight, if possible.	
Extra batteries and bulbs	For headlight or flashlight.	
Water bottle	Should hold 1 quart/liter. Nalgene brand is ideal. No bike bottles, please.	
CLOTHING		
Raincoat	Hooded, lightweight, waterproof. For hiking and working, can double as a windbreaker. There are now less expensive alternatives to gore-tex that work just as well. Look for products that offer breathe-ability, such as through-vents, etc.	
Jacket/Pullover	We recommend thick pile or light fleece.	
Long-sleeve shirts (2)	One lighter, one warmer. Designate one as a work shirt that may be damaged.	
T-shirts (5-6)	We recommend "quick-dry" t's. Designate at least 2-3 for work. Please include your Global Works t-shirt in this number! (you will receive it one month prior to your departure)	

ITEM & QUANTITY (Quantity indicated if other than "1")	INFO	GOT IT!
CLOTHING (CONTINUED)		
Shorts (3 pair)	One pair must be mid-thigh length or longer. Quick-drying and lightweight. At least one pair designated as work shorts.	
Long Pants (2-3 pair)	Designate one quick-dry, lightweight pair for hiking, one warm pair for evenings (i.e. jeans, cords, or khaki's), and one work pair. To reduce bulk, consider "zip-pants" and combine one pair of shorts and one pair of pants.	
"Nice but not formal" Outfit (1-2)	You can define what this means. For opportunities to have a dinner or an activity in a less-casual atmosphere.	
Lightweight Pajamas	~	
Underwear	You determine how much you need.	
Socks (6-8 pair)	At least 2-3 pairs should be wool (or other suitable synthetic material) for hiking and working.	
Sun hat or baseball cap	~	
Bathing suit	~	
MISCELLANEOUS ITEMS		
Homestay Gifts (if applicable)	Small, inexpensive gifts for homestay families and new friends.	
Headlamp or flashlight	Listed twice because it is a great necessity!	
Photos and postcards from your home	To share with host communities. Great way to "break the ice" with new friends and families.	
Leather or Canvas Workgloves	Label with your name.	
Toiletries	Bring in travel size, and store in zip-lock bags or other liquid proof compartment. Ladies, keep in mind menstrual necessities. Toiletries can be replaced as needed.	
Prescriptions/ Vitamins	Bring as necessary. Please include a note for your GW leader in your carry-on detailing dosage and timing of any medications or vitamins. Please bring in your carry-on during air travel days.	
Bug repellent	Non-aerosol.	
After-bite	Cortaid or other anti-itch product.	
Sunblock and lip protection	SPF 15 or higher.	
Small notebook and pen	~	
Small alarm clock	Or watch with alarm clock function.	
Pocket English-Spanish Dictionary	~	
Global Works Contact Card	You will receive with your final mailing. This card contains Global Works home office phone numbers. Please keep this in your wallet or carry-on bag during travel days.	
OPTIONAL ITEMS		
Art Materials	Water paints, markers, beads, etc.	
Camera with case	Please insure if valuable. If using film, buy in U.S.	
Waterproof camera	Disposable waterproof cameras can be purchased in the U.S. These are great if your group is going snorkeling and/or rafting!	
Protein bars	Power bars, Luna bars, Cliff bars, Odwalla bars, etc. Recommended especially for vegetarians.	
Travel games/cards	~	
Reading materials	~	
Inflatable travel pillow	For air travel and bus days.	
Two CD's	To share your favorite music during bus rides and/or dance exchanges.	
Shower shoes/ flip-flops	~	
Sarong	For beach days	

