

COSTA RICA PACKING LIST

Packing the right gear (and the right amount) is the first step to an incredible travel experience.

Follow these tips to pack like a pro:

1. **Travel light.** Pack only the essentials. You'll need less than you think and remember you will find cool clothes and items to buy along the way.
2. **Leave your non-essential valuables behind.** While traveling, it's easier for things to get lost, stolen, or damaged. Keep any prized possessions safe at home.
3. **Check with the TSA.** Make sure your luggage complies with TSA regulations, especially your carry-on. Useful tip: Pack an empty water bottle and fill it up after security.

Carry-On

A medium-sized backpack (30-40 litres) or duffel bag is recommended as it may be useful and travel-friendly for day trips or potential overnight trips.

Use the below checklist to assist in your packing:

	Passport		Headphones
	Laptop		Change of clothes
	E-reader such as Kindle (optional)		Water bottle
	Photocopies of passport info page		Snacks (no fresh fruit, meat, or dairy)
	Optional: Vaccination card (and photocopies)		Prescription medication & copy of prescription (enough for the semester) *Must place in carry-on bag
	Book and/or journal + pens		All flight itineraries
	Wallet/money		Verto emergency contacts and address where you will be staying (provided by Verto prior to travel)
	Phone		Chargers, adapters, & converters
	Camera (if bringing a camera in addition to		Wearing your Verto t-shirt and a COVID-19

your phone)	mask for your international flight is highly recommended!
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Checked Luggage

A 70-90 liter duffel bag or backpack is a good option, but you can also use a roller bag if you prefer. Remember, you have to be able to carry your own luggage, so pack accordingly.

Clothes & Gear

Keep in mind students do laundry about once per week.

Socks (5)	Sandals with straps (like Tevas or Chacos)
Underwear (10)	Flip flops
Lightweight pants (1-2)	Sneakers (a pair you don't mind getting dirty)
Jeans (1 - optional)	Sunglasses
Shorts (2-3 - for local community visits, something you can be active in and don't mind getting dirty)	Hat
Collared/dress shirt or dress for nicer occasions (2 - Make sure you have at least one outfit that covers the knees and shoulders)	Lightweight bath towel (quick dry towel is highly recommended, as regular towels do not dry well in the humid climate)
T-shirt (4-5)	Beach towel/sarong
Tank tops (2)	Binoculars (if you have them already)
Pajamas / sweatpants	Sun protection shirt
Swimsuit (2)	Rain jacket (highly recommended!)
Long sleeve shirt (2) including a rashguard or lightweight long sleeve shirt for sun protection	A fleece/warm hoodie/light down jacket
Optional: Purse or Belt Bag	Medium sized backpack for overnight trip(s)

Technology

Along with your textbook list, you'll receive a list of applications and software that you should download to your laptops and/or phones prior to your departure.

Toiletries

Below is a list of key toiletry items you can consider packing. Verto alumni have recommended purchasing most toiletry items once you have arrived, especially soaps and shampoos (unless you have a preference for a very specific brand you may not be able to get on-site). **It may be helpful to bring enough toiletries to last the first week.**

	Toothbrush		Feminine hygiene products
	Toothpaste		Contact lenses & solution (enough for the semester)
	Hair brush/comb		Wet Wipes
	Hand Sanitizer		Deodorant
	Personal first aid kit (band aids, preferred over the counter medications)		Commonly used medications: Pepto Bismol, pain reliever, cold medicine, etc.

Miscellaneous

- A small daypack, purse, or tote bag for daily use
- Flashlight or headlamp (phone flashlight is okay)
- Watch/alarm clock
- Large ziploc bags
- Plastic bags for wet/dirty clothes

Optional

- Portable games (Bananagrams, playing cards, etc)
- Musical instrument (remember you have to carry this everywhere!)
- Travel mug
- Reusable straw
- Sleep mask

Additional Packing Tips

WHAT TO BRING:

Prescription medication/contact lenses

Make sure you have enough of this to last your entire semester! Bring it with you, as having it posted to Costa Rica can take overall several weeks (if customs even allows it through) and you do not want to be left without medicine!

Clothes for all seasons

The transition from season to season brings a multitude of weather changes in Costa Rica, so make sure you pack some warm and waterproof clothes as well as clothes that can be layered to adapt to temperature fluctuations!

Copies of your important documents

As a precaution, make sure to make copies of your important documents such as your passport, driver's licence, student ID, and so on.

Laptop

It is mandatory for all Verto students to bring their own laptop and chargers.

Money belt/zip purse

Or any safe means of carrying around your valuables for the semester. Small wallets and bags with zip closures are ideal.

Towels

Verto Costa Rica does not provide towel service in the rooms. You can bring your own towel and you can also buy a couple more at a very low price when you arrive in Turrialba, so you don't carry so much luggage.

DO NOT BRING:

Hair straighteners and hair dryers

Due to the voltage differences between the U.S. and Costa Rica, items such as hair straighteners and hair dryers will malfunction if you use them through a regular plug adaptor (and sometimes even a voltage converter!). Costa Rica staff can give you information on where to purchase a cheap hair straightener and dryer in Turrialba.

Bedding, pillows, blankets, etc.

You will be provided with fresh linens in your accommodation. You can buy extra pillows and blankets easily in Costa Rica.

Mace and pepper spray

Mace and pepper spray is illegal in Costa Rica.