



## Kit List

### What should I pack?

*So you've booked your trip with Irth Tours and you're wondering what you need to bring...*

Here's a comprehensive list of things that we recommend you pack for your trip so that you have all that you need, but without bringing too much. There's no need to overpack for a trip to Costa Rica as the temperature is generally very warm and humid (yay!).

### General Items

- Small backpack or daybag
- Water bottle (at least 1L capacity)
- Wash kit: toothbrush, toothpaste, tweezers, small scissors, talc, soap, shampoo/conditioner (all shampoos/soaps etc. should be fully biodegradable\*), natural insect repellent (should be DEET-free), sunscreen (factor 50+ and reef safe\*), aftersun.
- Travel documents (passport, copy of medical insurance, personal medication information, vaccine card)
- Cell phone/other device and charger (correct adaptors/chargers for CR)
- Drybag (especially in the wet season or to keep electronics dry when doing watersports, etc.)

### Clothing List

- Lightweight shorts
- T-shirts/tank tops
- Long sleeved top (for cooler nights/San Jose)
- Pair of waterproof sandals/shoes
- Hiking boots
- Lightweight packable jacket
- Towel (quick-drying is recommended)
- Underwear
- Hiking socks
- Swimsuit (for beach days, waterfalls, pool time)
- Wide brimmed or peaked hat

### Optional Extras

- Hammock (lots of great trees to swing in!)
- Books/Kindle
- Playing cards/group games
- Camera

\* Eco-Products!! Biodegradable shampoos and soaps allow you to be in off-grid areas without causing damage to nature. There are lots of areas of Costa Rica (normally the most beautiful parts!) where the plumbing from buildings drains directly into the environment, and over time products that are chemical based can cause a lot of damage. We want to leave no trace of our trip in Costa Rica after we have left apart from footprints and positive energy! Let's ensure we use reusable drinking bottles, take our trash with us and leave the country beautiful <3

If you have any questions regarding the items on the kit list, please do not hesitate to contact us on [support@irthtours.com](mailto:support@irthtours.com) and we will help to clarify anything. Remember to check the baggage allowance with your airline before flying, both international and domestic flights (domestic flights tend to have a much lower allowance and extra baggage costs will vary).

Have a safe trip!