



PACKING LIST FOR THE 8-DAY GOLFO DULCE SEA KAYAKING TRIP

This is the packing list for your **8-Day Golfo Dulce Sea Kayaking Trip**. While the list may not be complete, all items are highly recommended or even required. We cannot be held responsible for incomplete or missing items on this list. For any doubts, questions, or recommendations, please contact us at sales@seakayakingcostarica.com.

Please note that, by default, we will travel from San Jose to Golfo Dulce by ground transfer. However, we will be flying back to San Jose at the end of the trip (unless stated otherwise in your trip itinerary). While there are no luggage limitations for the ground transfer, there are for the domestic flight on itinerary day 7. The luggage limitations for Sansa Airlines (the domestic airline) are **one piece** of checked luggage of a maximum of 18.1 kg (**40 pounds**) and **one personal item** of up to 4.5 kg (**10 pounds**).

Please know that, at no additional cost, you may leave some luggage safely stored at the hotel in San Jose to be retrieved at the end of your trip (our default itinerary has you staying at the same hotel for your first and last night in Costa Rica).

- **Passport** (always carry this with you throughout your trip; it is required for domestic flights and visits to Corcovado National Park). We recommend keeping your passport in a protective sleeve or zip-lock bag for extra protection.
- **Cash:** We suggest \$250 US dollars in small denominations, clean, un torn bills, no more than that exchanged to local currency for personal spending. Tips for each ecolodge (suggested \$5 to \$10 per night) and tip for trip leader(s) (suggested 10-15% of trip cost).

BAGS

- **Carry-on suitcase, duffel bag, or similar smaller luggage** (hard-sided luggage is fine)
- **Small day-pack suitable for hiking*** (we recommend this be a personal item on your flight)
- **A small dry bag** is ideal for holding items during paddling (e.g., sunscreen, water bottle, snacks, etc.).
- **Plastic bags** for dirty, wet laundry

CLOTHING

- **1 pair of full-length, lightweight trousers** (clothing should be very casual and lightweight; anything made out of fabric that dries quickly is best)



- **2 pairs of bathing suits/swimming trunks**
- **2 long, 2-sleeve, lightweight synthetic shirts (aka sun shirt) (lightweight Lycra, Capilene, or polypropylene).** This is highly recommended for sun protection while paddling and can also be helpful for snorkeling/swimming, **preferably with long sleeves.** Cotton is not as comfortable for paddling/swimming as it gets stiff with salt and can irritate the skin.
- **2 or 3 T-shirts/blouses** for wearing while at the lodges, mild hiking, and visiting the cocoa farm
- **Long-sleeved shirt** (especially for mosquito-sensitive skin; some people like to cover their legs and arms at night in case of mosquitoes, which are hardly present in the Golfo Dulce)
- **Underwear** (preferably Anti-bacterial)
- **2 pairs of nylon shorts** (not cotton) and/or loose skirt or sarong
- **Very lightweight fleece jacket or similar** (not a heavy jacket), i.e., Polartec 100, is sufficient, or a sweatshirt, for the rare chilly nights or while in cooler regions of the country (e.g., Central Valley)
- **Rain jacket** or spray jacket
- **Lightweight socks** (lightweight wool or synthetic that dries quickly) to wear with your shoes and perhaps your sandals if the sand is irritating your feet. Long enough that your pants can be tucked in if you encounter sand fleas (sand fleas are rare)
- **Sleepwear;** we don't want you to forget what you are going to sleep in in the tropics
- **1 extra set of clothes for your flight home** (you will want these)

FOOTWEAR

- **Sport shoes/tennis shoes**, or lightweight hiking shoes that can get wet for our rainforest hikes on the mainland (also to get away from wet thongs and sand in the evenings)
- **Sturdy sports sandals, Reef shoes** (no neoprene, it's too hot and it will smell), or water shoes for paddling are recommended. We recommend the Keen brand since they provide toe protection. (Sandals MUST attach to your feet solidly, as there are rocks and a bit of rugged terrain; flip-flops are for R&R between activities.)
- **Footwear that slips on and off easily** (e.g., such as flip-flops, clogs, Crocs, etc.). Some of the lodge owners prefer guests to walk inside the buildings without shoes (rooms, dining area, etc.). This is done in the spirit of not coming "indoors" with muddy shoes, but the soft rule now has stuck as a rule for all year. (We emphasize soft rule.) **PLEASE PAY SPECIAL ATTENTION to one particular use of footwear** on Itinerary Day 6 (visit to Corcovado National Park); this footwear might double for that purpose.

SUN PROTECTION

DO NOT TAKE THE SUN LIGHTLY. We need full coverage– a hat, a buff for the face and neck, a sarong/material for the legs, gloves, sunglasses, and a long-sleeved sun shirt. Exposed skin can and will burn!! The sun is more potent at lower latitudes!

- **A wide-brimmed hat** for sun protection is essential (visors are inadequate). We suggest a hat with a stiff brim that will hold rigid in a breeze (e.g., a strap to put under your chin)



- **A scarf, buff, or bandana** made from a light material like silk to protect your neck can also be helpful.
- **Sunglasses** with a cord to prevent them from falling into the water are a good idea. Side flaps, the type that can be added to conventional sunglasses by slipping them onto the arms, are also a good idea.
- **Wear lightweight sun gloves**, paddling gloves, or cycling gloves to prevent blisters and sunburn. We recommend Outdoor Research, Active Ice Spectrum Sun Gloves, or NRS Skeleton gloves.
- **Large pack towel, sarong**, or fabric to cover your legs in the kayak (we barely use our spray decks).

PERSONAL ITEMS

- **A Headlamp or small flashlight** and batteries are **essential** for walking at the lodges after sunset! (Batteries can be expensive and difficult to obtain in remote areas of Costa Rica, so it's good to bring spare ones.)
- **Two 1-liter water bottles** (e.g., wide-mouth Nalgene brand—we suggest writing your name on them). Some like to combine bottles with a hydration system/pack/water bladder that they attach to the kayak for easy access. Vacuum-sealed metallic bottles are a great option since they do not heat up if they are in sunlight, for example, if you were to keep your bottle on the kayak's deck.
- **A small towel**, such as a chamois towel or a medium-sized hand towel. A camping towel that dries quickly can easily be found at REI, MEC, etc., or other sporting goods stores (NOTE: Regular towels will be provided at every lodge)
- **There are minimal toiletries, including soap and shampoo.** A biodegradable soap is preferred. The lodges, while in the Gulf, don't provide soap or shampoo.
- **Personal medication and prescriptions.** These must be kept in their original containers in case your luggage gets inspected.
- **Small personal First Aid Kit:** i.e., Band-Aids, aspirin/Tylenol, moleskine, cold medicines (guides carry comprehensive first aid kits, but having your go-to brand might be best for minor aches)
- **2 bottles or tubes of sunblock or sunscreen** (non-Paba-based, Hi SPF), waterproof, preferably reef-friendly for kayak trips,
- **SPF 30 Sunscreen Lip Balm**
- **Caladryl/ After Bite/ Benadryl** Cream lotion to ease itching from bug bites if applicable, Aloe Vera lotion for sunburn
- **Bug spray: we rarely have mosquitoes, but we will be in the rainforest**, and we do have bugs (really cool ones, too!).
- **Snacks** that do not melt in the heat are recommended between meals (also snacks for the longer paddling stretches, waiting at the airport, etc.).
- **Cell phone and charger.** Cell phone service is available in San Jose, during all our paddles, and at one of the two ecolodges we visit. Local carrier ICE Kolbi is the best carrier. Don't forget your charger. WiFi is available in common areas of the lodges, but it does not always work. If you don't have global roaming and want phone service during your visit to Costa Rica, we recommend you acquire an eSim from Holafly. More information is available at <https://esim.holafly.com/>.
- **Charging cables and other accessories for electronics**
- **Earplugs** for potential noisy roosters, dogs, or roommates



CORCOVADO NATIONAL PARK VISIT: This special subset of this packing list is specifically for Itinerary Day 5. These items are already previously mentioned.

- **Small day-pack suitable for hiking***
- **Passport:** The park ranger will require you to show your passport (in a protective sleeve or zip lock)
- **Outfit:** Dress for hot weather, preferably in shorts, and with footwear adequate for mild hiking
- **Hat:** for sun protection
- **Bug spray**
- **“Disembarking Footwear”:** Disembarking will be done while wading into the ocean, so getting wet from your knees down will happen. Therefore, it is necessary to have a second set of footwear just for this purpose. There are no lockers available to leave your disembarking footwear, so you must carry it with you in your day pack.
- **Small towel:** to dry your feet before putting your shoes on after disembarking
- **Cash:** There is a gift shop on location, in case you wish to take cash
- **Binoculars**
- **Camera on a cell phone**
- **Sun Block**
- **Rainjacket or poncho:**
- **Non-single-use water bottle:** The park authorities do not allow single-use plastic bottles or food to be brought inside the Park. They occasionally ask you to look in your bags.
- **Nondrowsy Dramamine (Optional):** If you get seasick easily, don't worry. We travel fast, keeping the coast 1-2 miles away, so people rarely get sick.

OPTIONAL ITEMS

- **DRY BAGS:** We supply dry bags. However, we encourage you to bring your own. If you do so, get one 10-liter bag and two 20-liter bags. This way, you distribute the weight of your dunnage on your kayak. Dry bags are to carry clothing and personal items for a 2-night stay in a location only reached by sea kayak. Again, we supply these.
- **Spare set of eyeglasses** (and/or contact lenses + contact lens solution)
- **HIGHLY RECOMMENDED:** **waterproof case for your phone, ideally a hard case**
- **Journal & pens**
- **Snorkel, mask, and fins** (we have a limited amount that you may use if available)
- **Camera** with waterproof container if the camera is not waterproof (and a flotation strap during paddling).
- **Book(s)**, a reader or reading material
- **Small umbrella** for the occasional downpours (more chance of rain in November, December, April & May trips)
- **A second pair of sunglasses** might be helpful in case you break or lose the first pair.
- **Sunglass cleaner**/cloth for dirty sunglasses (e.g., cleaning saltwater stains)
- **Binoculars:** It is very nice to have a good pair of binoculars to see the marine, wild, and birdlife. Preferably waterproof, we recommend 10X42 with a 6 ° field of view



- **Birding App:** If you are interested in bird watching, even if you are a complete novice, we strongly recommend you download an App called Merlin *Bird ID* by Cornell Lab (both on Android and Apple devices). Within the app, be sure to download the “Costa Rica Bird Pack” and set the location to Golfito, Costa Rica. This is not a bird-watching-focused trip, but the opportunities for leisurely birdwatching are excellent.
- **Games or Deck of Cards:** There will be plenty of downtime for siestas, reading, relaxing, and playing games (especially card games).

End of Packing List

[**BACK TO TRIP WEBPAGE**](#)

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