



PACKING LIST for the 7-Day Tortuguero Kayaking Trip

The Tortuguero is a Lowland Tropical Coastal Area with daytime temperatures in the 80°s and 90°s Fahrenheit (26-36 °C), with evenings anywhere in the 70°s (21-26°C). For San Jose, you can expect daytime temperatures in the 70°s and 80°s Fahrenheit (21-31°C), with evening lows in the 60°s and 70°s (15-26°C). Therefore, for San Jose, we recommend a lightweight sweater or jacket (i.e., Polartec 100 fleece is sufficient) for the rare chilly and breezy nights.

Please note that, by default, we will travel from San Jose to Tortuguero and back by a combination of ground transfer and motorboat. Given the limited space in the motorboat, the luggage limitations are one piece of luggage weighing a maximum of 13.6 kg (30 pounds) and one personal item. 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; e.g., required for domestic flight). We recommend keeping your passport in a zip-lock bag for extra protection.
- **Cash:** We suggest \$250 US dollars in small denominations, clean, unturned bills, no more than that exchange to local currency (Personal spending, we \$250 suggested. Tips for the hotel & ecolodge (suggested \$5 night, YOU) and tip for trip leader(s) (suggested 10-15%) Please note, these are only suggestions, and tips are not mandatory.
- **Duffel bag or carry-on suitcase**
- **Small day-pack/personal items**
- **Small dry bag** for holding items during paddling (i.e., sunscreen, water bottle, snacks, etc.) **We can supply these if needed**
- **Plastic bags** for dirty, wet laundry

CLOTHING

- **1 pair of full-length light-weight 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 T-shirts** for wearing while at the lodge
- A long-sleeved shirt is adequate for hot weather (especially for people with mosquito-sensitive skin; some people like to cover their legs and arms at night in case of mosquitoes/no-see-ums, which can be present in the Tortuguero, but not always).
- **Lycra or polypropylene sun top** is useful for snorkeling/swimming, **preferably long-sleeve**
- **Underwear** (preferably Anti-bacterial)
- **1-2 pairs of nylon shorts** (not cotton) and/or loose skirt or sarong
- **A very lightweight fleece jacket** (not a heavy jacket), i.e., Polartec 100, is sufficient, or a sweatshirt, for the rare chilly nights or while in San Jose
- **Lightweight rain jacket** or spray jacket (or small umbrella) for the occasional downpours



- **2-3 pairs of Lightweight socks** (lightweight wool or synthetic that dries quickly) to wear with your shoes and perhaps your sandals if the sand irritates your feet. Long enough that your pants can be tucked in if you encounter sand fleas (san 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

- **Lightweight hiking shoes or tennis shoes** for rainforest hiking on the mainland (also to get away from wet sandals/water shoes in the evenings)
- **Sturdy sports sandals or water shoes with good drainage** (no neoprene booties, it's too hot, and they will stink); we recommend Chaco, Keen, Columbia, or Astral brands. (Sandals MUST attach to your feet solidly as there are rocks and a portion of rugged terrain.)

SUN PROTECTION

PLEASE DO NOT TAKE THE SUN LIGHTLY. We need full coverage– hat, long sleeve sun shirt, sarong/material for legs, sun gloves, sunglasses, Exposed skin can and will burn!! The sun is more powerful 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) and a strap to put under your chin
- **2 Long-sleeved Sun Shirts** which provide UPF 50+ protection. It should be lightweight and breathable. Loose-cut designs are recommended, particularly those with a hood and full-length sleeves with thumbholes, allowing coverage as you move.
- **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.
- **Lightweight UPF 50 sun gloves**, paddling, or cycling gloves to prevent blisters and sunburn. We recommend Outdoor Research, 'Active Ice Spectrum Sun Gloves' or NRS Stealth gloves.'
- **Large pack towel, sarong** or fabric to cover your legs from the sun while sitting in your kayak (we barely use our spray decks).
- **1-2 bottles or tubes of high SPF waterproof/sweatproof sunblock or sunscreen** (preferably non-PABA-based). You may also purchase these on trip day 2; please tell your guide you need to buy them, particularly if you are unable to carry in on your international flight
- **2 SPF Lip Sun Block sticks**

PERSONAL ITEMS

- **A Headlamp or small flashlight** and batteries is **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).
- **1 Liter (or more) Vacuum Insulated Stainless Steel Water Bottle**, we **HIGHLY** recommend these since they keep cool do not heat up if they are in sunlight, for example, if you were to keep your bottle on the kayak's deck (we recommend opting for a wide mouth bottle and of a good quality brand)



- **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)
- **Minimal toiletries.** A bio-degradable soap is preferred. The lodges, while at the Gulf, don't provide soap or shampoo
- **Spare set of eyeglasses** (and/or contact lenses + contact lens solution)
- **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, Imodium, moleskin, etc. Guides carry comprehensive first aid kits, but having your go-to brand might be best for minor aches.
- **Several bottles or tubes of sunblock or sunscreen** (non-Paba-based, Hi SPF), waterproof for kayak trips
- **Caladryl/ After Bite/ Benadryl** Cream lotion to ease itching from bug bites if applicable o Aloe Vera lotion for sunburn
- **Bug spray: we rarely have mosquitoes, but we will be in the rainforest**, and we do have bugs (some really cool ones, too).
- **Snacks** for between meals that do not melt in the heat (also snacks for the longer paddling stretches, waiting at the airport, etc.) You may also purchase these on trip day 2; please tell your guide you need to buy these
- **Cell phone with charging cable and wall charger.** Cell phone service by local carrier ICE Kolbi is available in San Jose and Tortuguero. Complimentary WiFi is available in both the hotel in San Jose and Tortuguero
- **Charging cables and other accessories for electronics:** Costa Rica uses 110 volts, 60 cycle electricity, same as the US. Plugs are typically the 2-pronged flat type, so North travelers will not typically need a converter or adapter, while European travelers will do.
- **Earplugs** for potential noisy monkeys, herons, roosters, dogs, or roommates

OPTIONAL ITEMS

- **Flip-flops, clogs, Crocs**, or shoes that slip on and off easily, this for the sole purpose of venting and relaxing your feet after an active day
- **Journal & pens**
- **Camera** with waterproof container if the camera is not waterproof (and floatation strap during paddling).
- **Book(s)**, a reader or reading material
- **A second pair of sunglasses** might be useful in case of breaking or losing the first pair
- **Sunglass cleaner/cloth** for dirty sunglasses (e.g. cleaning saltwater stains)
- **Scarf, buff, or bandana** made from a light material to protect your neck from the sun
- **Binoculars.** 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
- **Deck of Cards and other Games.** There will be plenty of downtime for siestas, reading, relaxing, and playing games (especially card games).



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This is the packing list for your **7-Day Tortuguero 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 doubts, questions, or recommendations, please contact us at info@seakayakingcostarica.com.

End of Packing List