



# Packing Checklist

## JAKERA

 **Clothing**

Shorts / T-shirts / lightweight long trousers / long sleeved shirts / fleece / rain jacket / swimwear / long-sleeve rash guard (for Surfing) / clothing you don't mind getting dirty (volunteering) / some clothing to go out for dinner

 **Long sleeve trousers and shirt**

As in all subtropical areas, insects can be a nuisance, especially in the evening. Long-sleeved shirts and trousers are recommended to offer the best form of protection in the evenings.

**Rain Jacket**

May to November it might rain a bit or a lot, take a waterproof rainjacket or poncho

 **Dust**

December to May specially you might have dusty roads and want to bring a bandana or buff to protect your face

 **Shoes**

Good walking Shoes or Sneakers for everyday / Sandals or good flip-flops with strong sole / Waterproof hiking boots (Rainy Season)

 **Equipment**

Personal towel (quick-dry sports towel) / Dry bag is necessary for everyday use / cap or hat / Gloves for Volunteering

 **Volunteering students**

Take a pair of simple garden gloves or working gloves with you. You will need dark-colored clothing to work at night, preferably long-sleeved, headtorch with a red LED if possible, closed-toe shoes for patrols that will be comfortable and a waterproof jacket.

 **Luggage**

Take a big Backpack for all your Luggage rather than a suitcase. A smaller Backpack or Drybag for your expeditions to Cirenas and Monteverde is also necessary (about 4 days clothing)

 **Medical Kit**

It is always useful to carry a small personal medical kit. This should include items such as: Plasters, wound dressings and bandages, personal medication to last the duration of the expedition, anti-histamine cream/ tablets, fungicidal foot powder/ cream, antiseptic cream/solution, Imodium tablets (x30) and rehydration (e.g. Dioralyte) sachets, mild pain killers (e.g. Paracetamol), tweezers, scissors etc.). Also we recommend to bring ear drops that contain Antipyrine, benzocaine / analgesics.

**Sun Cream, zinc or other waterproof sun protection**

After sun you will be spending a lot of time in the sun so please bring adequate sun protection. We recommend a higher block than usual. Bring it yourselves as here its quite expensive to get

**Insect Repellent**

and after bite Insect repellent is recommended. If you are allergic to repellents seek advice before leaving your home country

**Insect Repellent allergy:**

if you are allergic to insect bites, we suggest you bring from home anti allergic pills. In any case they can also be bought local.

**Sun Glasses**

A GOOD quality pair of sunglasses is essential. Make sure they offer 100% UV protection.

**Headtorch**

a headtorch as it is more useful than a normal torch.

**Camera**

- If bringing a digital camera bring a number of memory cards.

**Small travel padlock**

– Bring your own padlock to lock up your valuables

**Photocopy of passport**

Please bring a copy of your passport. Travel tip – email yourself a copy of your passport and other important documentation.

**Stationery**

Bring pens, pencils, notepads and A4 notebooks for your Spanish Lessons