



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 especially 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