

**Clothes**

- Light trousers
- Shorts
- Skirts
- Dresses
- Casual tops
- Smart tops
- T-shirts
- Belt

**Underwear**

- Knickers / Panties
- Bras
- Nightwear
- Socks

**Documents**

- Passport
- Driving licence
- Yellow Fever certificate
- Credit and debit cards
- Currency: Colon & USD
- Tickets / booking apps
- Airline liquids bags
- Pen
- Guide book
- Journal

**Electrics**

- Phone & charger
- Tablet & charger
- Kindle & charger
- Camera & charger
- Spare memory card
- Portable battery & charger
- Plug adaptor
- Headphones

**Shoes**

- Sandals
- Flip-flops
- Folding ballet flats

**Health**

- Prescription medication
- Headache pills
- Anti-inflammatory pills
- Antihistamines
- Imodium
- Antacid
- Antiseptic cream
- Rehydration salts
- Plasters / Band aids
- Mosquito repellent
- Sunglasses
- Sunscreen
- Contact lenses/Glasses
- Tweezers & nail scissors
- Contraception
- Tampons / pads /cup

**Toiletries**

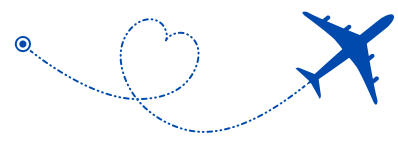
- Shampoo & Conditioner
- Soap / shower gel
- Deodorant
- Toothbrush & toothpaste
- Dental floss
- Razor & Shaving foam
- Hair brush / comb
- Hair bands & styling products
- Body moisturiser
- Q-tips / cotton buds
- Travel tissues
- Face moisturiser
- Lip balm with SPF
- Compact mirror

**COVID**

- Disposable face masks
- Washable face masks
- Antibacterial hand gel
- Breath mints
- Vaccination card
- Test results
- Travel insurance details
- Emergency numbers - bank, insurance, family

**Flight**

- Eye mask
- Earplugs
- Travel pillow
- Reusable water bottle



# COSTA RICA PACKING LIST

**Luxury**

- Face make-up
- Mascara
- Eye shadow
- Eye liner
- Lipstick
- Make-up remover
- Nail polish & remover
- Perfume
- Evening bag
- Heels
- Travel hair dryer/straighteners

**Backpack**

- Swiss Army knife
- Padlock/ travel bike lock
- Sewing kit
- Sleep sheet
- Travel towel
- Spork
- Ziplock bags
- Laundry detergent
- Travel washing line
- Deck of cards
- Foot file
- Snacks

**Active**

- Running shorts
- Quick dry t-shirt
- Sports bra
- Sports socks
- Running shoes or hiking boots
- Dry sack/waterproof bag
- Day pack
- Head torch
- Binoculars

**Cool Wear**

- Waterproof jacket
- Long sleeve top
- Fleece
- Light scarf/gator
- Umbrella

**Beach**

- Bikini / swimsuit
- Sarong
- Beach dress
- Sun hat
- Foldable beach bag

**My Stuff**

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