

Packing List for Expeditions



This packing list will work for all locations. Since we don't know exactly what the weather will be, we try to cover all angles. We have arranged to get **laundry** done in the middle of the trip. Pack light; you don't need many clothes in the tropics.

Pack in a duffel bag/suitcase/backpack that you can carry yourself and a day pack (If you have a suitcase with wheels, please realize there may be times when you will need to carry it short distances as wheels don't work well in sand, gravel or mud).

Clothing

- Hiking boots, Teva-type or Keene sandals, possibly aquasocks
- 3 - 4 Pairs socks to wear with hiking boots
- 2 Pairs of lightweight pants--preferably nylon
- 3 - 4 Pairs shorts
- 5-6 T-shirts
- Swimsuit
- Lightweight, nylon windbreaker jacket
- Rain gear – nylon (or even vinyl) poncho
- Sun hat for the beach
- Underwear--lots

Toiletries

- Comb/brush
- Shampoo/bath soap
- Sunscreen 30+ (waterproof)
- Insect repellent; DEET is best
- Deodorant
- After-bite stick
- Prescription medications
- Toothpaste/toothbrush
- Washcloth and small towel
- Personal items

TURTLE PROJECT PACKING TIPS

If you are participating in Turtle Patrols, you will need dark clothes and a dark rain gear for the beach at night to keep the turtles from "seeing" you.

CERRO DE MUERTE PACKING TIPS

If your group is traveling to Cerro de Muerte, pack extra warm clothes (wool socks, fleece jacket, perhaps even long underwear for the evening). It can get extremely cold in the mountains.

Other Stuff

- Passport
- Money--\$150-\$200 clean bills for tips, drinks and souvenirs
- Camera--disposable ones work great, or digital. Extra film.
- Candy, trail mix, snacks--only for one or two days
- Alarm clock
- Binoculars
- Games, cards, things to do at night and on the bus
- Notebook and pens for journal
- Small flashlight with extra batteries
- Snorkel and mask. Fins are too big. (Gear may be rented)
- 2 gallon-size ziplock bags for wet clothes & shoes
- Refillable bottle for water
- Gifts for family stays and school visit
- Game or photos to share with your family or at the Reserve

Packing Notes:

- Please pack in soft luggage if possible. We frequently need to load the luggage on the top of the bus and in boats. Soft luggage is lighter and easier to maneuver.
- Light hiking boots are recommended for support on the trails and beach.
- Lightweight nylon pants or zip-off nylon pants are recommended. They are water resistant and bug-proof. Cotton gets wet and heavy and doesn't dry in the humid tropics.
- Aquasocks are great for walking on the beach at night during turtle patrols. It's best to get the ones with solid fabric instead of mesh if possible (which allows abrasive sand to fill your sock).
- Consider packing old t-shirts and other old clothes or shoes that you can wear and then leave behind.
- A good rain jacket or poncho is a **MUST** item to bring along!

PACK LIGHT!

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