

Costa Rica Course Gear List

Appropriate clothing and gear are essential for students to be able to have fun and succeed on a wilderness course. If possible, please send a combination of synthetic and cotton clothes. Synthetic materials are better for staying warm when wet and for drying quickly. Cotton is good for comfort and sun protection. For more information on gear contact SOAR or check out our Gear Guide at <http://soarnc.org/wp-content/uploads/2014/09/Gear-Guide.pdf>.

CLOTHING

- 2 pair pants/jeans
- 2 pair shorts
- 5 shirts
- 2 swimsuits
- 6 pair socks
- 1 pair tennis shoes
- 1 pair light weight hiking boots
- Sweater or light jacket
- Hat/cap
- Water shoes (no Velcro straps please)
- 2 sets sleepwear

GENERAL NEEDS

- Duffle bag or similar soft bag/luggage
- Day pack (book bag)
- Sheet and fleece blanket
- Sunscreen (non-spray, waterproof, maximum protection – minimum SPF 50)
- Headlamp with extra batteries
- 2 quart-size water bottles
- Insect repellent
- Pen and paper
- Rain jacket & rain pants*
- Sunglasses
- Small travel umbrella

OPTIONAL ITEMS

- Camera **
- Binoculars
- Swim Shirt / Rash Guard ***
- Mask
- Snorkel
- Fins

EATING GEAR

- Plastic cup/bowl/plate
- Eating utensils

PERSONAL NEEDS

- Prescription medications
- Gold Bond (highly recommended)
- Miscellaneous toiletries
- 1 washcloth
 - 2 bath towels
- 1 hand towel
- Wet Wipes

NOTES

1. **All clothing and personal items must be labeled! See the following page for details.**

2. Do not bring jewelry, valuable watches, CD players, video games, cell phones, etc. Don't bring a knife.

* Quality rain gear is essential. Please consult your local outdoor retailer with questions.

** Digital cameras are OK to bring, but be aware that there is a risk of damage while on course for which SOAR is not responsible.

*** See Gear Guide at <http://soarnc.org/wp-content/uploads/2014/09/Gear-Guide.pdf> for description of swim shirt.

Labeling & Packing Your Child's Belongings

We know your kid – keeping track of their belongings is not one of their strengths. Living in a tent or small cabin with six or seven other kids does not make this situation any easier! In order to help your child keep track of their stuff, EVERY ITEM should be labeled with their name. There are several ways to do this:

- Use a permanent marker and write their name on EVERYTHING. This is a cheap, effective solution that worked well for my own kids when they were at camp.



- Order pre-made labels that you can stick on EVERYTHING. Here are some companies we recommend:
 - Kidecals – <http://kidecals.com/>
 - Mabels Labels - <http://www.mabelslabels.com/>
 - Label Daddy - <http://labeldaddy.com/>



In addition, the more organized you can pack your child's belongings, the better! As you saw on the gear list, one of the required items is a box of gallon ziplock bags. Go ahead and use some of these to pack your students clothing according to like items – socks in one ziplock bag, underwear in another, t-shirts in another, etc. If you want to get really fancy, you can buy 5-gallon ziplocks for larger items like pants or towels and washcloths.



While we make every effort to help your child keep track of their belongings, we cannot be responsible for items that are lost.

Note: SOAR will return labeled items of \$25 value or greater. Items will be mailed C.O.D. SOAR is not responsible for returning items that are not labeled.

