



UPROOTED TRAVELER

COSTA RICA PACKING LIST

Preparing for your trip? We've got a whole post featuring our favorite essentials for Costa Rica.

[Check it out here!](#)

TRAVEL ESSENTIALS:

- [Suitcase / Travel Backpack](#)
- [Toiletry Organizer](#)
- [Packable Day Bag](#)
- Identification / Documents (Vaccine Records)

FLIGHT ESSENTIALS:

- [Travel Pillow](#)
- Headphones / [Wireless Earbuds](#)
- [Blanket](#)
- Book / [Ebook Reader](#)

This packing list contains affiliate links. If you make a purchase through them, we may receive a small commission, for which we are extremely grateful, at no extra cost to you.

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TECH STUFF:

- Charging Cables
- GoPro & Accessories
- Power Adapter/USB Charger
- Camera & Tripod
- Mobile Hotspot/Router
- Portable Battery / Power Bank

OTHER ESSENTIALS:

- Reusable Water Bottle
- Insect Repellent
- Umbrella
- Binoculars
- Sunglasses
(for women / for men)

HIKING:

- Boots (for women / for men)
- Hiking Sandals
(for women / for men)
- Hiking Socks
(for women / for men)
- Headlamp
- First Aid kit

TOILETRIES:

- Shampoo & Conditioner
- Hair Care Products
- Face Wash
- Makeup
- Wipes
- Deodorant
- Toothbrush / Toothpaste
- Travel Razor/trimmer
- Contacts / Solution
(TSA approved size)
- Reef Safe Sunscreen
- Medication, Aspirin,
Motion Sickness / Anti-diarrheal

BEACH ESSENTIALS:

- Dry Bag
- Water Shoes
(for women / for men)
- Snorkel Set / Anti-fog Solution
- Beach Towel

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COSTA RICA PACKING LIST

What to Wear - For Women

WHAT TO WEAR:

- Shorts / Athletic Shorts
- T-Shirts
- Tank Tops
- Dress(es)
- Pants / Jeans
- Pajamas
- Walking Shoes
- Rain Jacket
- Jewelry / Accessories

UNDERWEAR:

- Sports Bra
- Convertible Bra
- Underwear
- Socks

SUN PROTECTION:

- Sun hat
- Baseball Hat

BEACH STUFF:

- Swimsuit(s)
(One Piece / Bikini)
- Coverups
- Thermal Rash Guard

OTHER:

- _____
- _____
- _____
- _____
- _____

UPROOTED TRAVELER

COSTA RICA PACKING LIST

What to Wear - For Men

WHAT TO WEAR:

- Shorts / Athletic Shorts
- T-Shirts
- Pants / Jeans
- Button-down Shirt
- Walking Shoes
- Rain Jacket
- Watch / Accessories

UNDERWEAR:

- Underwear
- Under Shirts
- Socks

SUN PROTECTION:

- Sunglasses
- Baseball Hat

BEACH STUFF:

- Swimsuit(s)
- Thermal Rash Guard

OTHER:

- _____
- _____
- _____
- _____
- _____
- _____