

# Packing List

## General Advice:

You are traveling in the tropics. The weather can alternate between heavy rain and extreme sun within hours. **Quick dry, wick-away, light-colored clothing is advised.** Long sleeves and pants offer better protection from the sun, insects, and foliage. Pack a warm sweater and non-insulated shell jacket for the evening/high altitude chilly temperatures.

**Bring at least 2 pairs of shoes:** one for dry activities and one for wet activities. Both pairs should be closed-toed and supportive. Dry shoes may be supportive running shoes or hiking shoes. Wet shoes may be an old pair of running shoes, but even better would be Merrell's or Saloman's Gecko style shoe. For evenings, a pair of sandals or tennis shoes will be ideal.

**Please note:** Serendipity trips include all necessary activity-specific gear and safety equipment, such as harnesses for canyoning and life vests for rafting. If you own customized accessories or personal gear you wish to use, please consult with Serendipity's trip planners to ensure it's worth using and meets our safety standards.

## By Activity:

**Whitewater Rafting/Kayaking** - Be prepared to get soaked! Clothing should be lightweight and quick dry (no blue jeans or heavy pants/sweatshirts!). Wetsuits are not required in our warm waters but if you're sensitive to the cold, wear synthetic thermal underwear (e.g. Capilene). You will be wearing a protective helmet, and many people like to wear a baseball cap under the helmet (you provide this). For sunglasses, remember to bring a safety strap to keep them on. When you are on the river we'll also provide a dry bag that can carry everything you need during the trip (sunscreen, sunglasses).



*High-performance multi-sport wet/dry shoe*



*Spandex-Neoprene adventure sports pants*



*Add an accessory to your rafting helmet!*

**Canyoning** - Be prepared to get soaked and cold! Bring layers of quick dry clothing. Use synthetic thermal underwear (e.g. Capilene, Spandex, Lycra) or, if you're extra sensitive to the cold, a scuba diver's "shortie". We provide a "splash jacket" for warmth. Socks are important to keep your feet warm, especially pairs made of neoprene or wool material. Serendipity also provides basic-level gloves but, for maximum comfort and protection, please consider bringing your own.

**Horseback Riding** - Long pants should be denim, corduroy, or khaki. Add a thin pant layer underneath to avoid chafing. A collared shirt covering the neck and hands is useful. Running shoes will suffice, however, it is best to wear a shoe with a heel. High socks are recommended to protect your lower legs.

**Biking** - Use athletic wear of your choice, but remember it can be hot in the sun, and wet in the rain. No loose pants for biking! Padded biking shorts will add comfort to your day. We have helmets and gloves and all the gear, but if you have your own that fits well, then please feel free to bring it. A chase vehicle will be able to carry your sunscreen, bug repellent, clothing layers, etc.

**Tree Climbing and Hiking** - Within forested areas, lightweight long sleeves and pants protect from bugs and foliage. Footwear should be supportive walking boots or a hybrid hiking-running shoe. A drawstring pant and high sock will provide a barrier against insects or foliage around the leg/ankle. A cap or wide-brim hat will be useful to protect from the sun. Please bring a fanny pack or backpack to carry your water and snacks. If it is a multi-day hike, please speak to your Serendipity trip advisor for more details.

**All-Terrain Vehicles (ATVs)** - Expect to get muddy and wet while exploring the backcountry. Lightweight long sleeves and long pants with high socks will protect skin from bugs and foliage. Light colors and sunglasses, with a safety strap, will protect you from the sun.

**Camping** - In the evening, the temperature drops significantly. Pack layers and warm clothing. You may consider bringing a pocketknife and a small flashlight (a headlamp is even better, so you can be 'hands-free'). Other camping equipment is provided, please speak with your Serendipity trip advisor for more details.



*Ready for canyoning*



*Quick dry hiking pants w/ zip-off legs*



*Lightweight long sleeves for ATV adventures*

**Canopy Tours** - Otherwise known as “ziplining”, requires comfortable and athletic clothing. Please ensure all jewelry, watches, hats, or sunglasses are well secured so they do not fall off while on the zip line.



*A headlamp will keep you 'hands-free' when camping*

**Hot Air Ballooning** - Balloon flights take place at sunrise when it can be chilly. Wear clothes in layers; once the sun is shining brightly it gets HOT in the balloon. Lightweight, light-colored clothing is advised, but long sleeves offer better protection from the sun and, when off the beaten path, against insects and foliage.

**River Float Safari** - For spending all day under the open sky, clothing is best if it is lightweight, light-colored, and made of quick dry material that can get wet. A good safari hat is recommended for this day, preferably with a wide brim to protect from extended exposure to the sun.



*Remember your safari hat for the river float*

**Cloud Forest** - Here, a regular hiking outfit is appropriate. Much of Costa Rica is at higher altitudes (3000-4000 ft.), especially in the cloud forests, where it can get to 50°F (10°C) after sunset, so use layers for warmth and have your lightweight waterproof jacket/poncho to hand.

**Evenings and Rest** - Depending on personal preference, you may want to bring an outfit or two appropriate for evening dinners or dancing. Although you'll be in “adventure mode”, our Serendipity guests clean up quite beautifully! Many travelers also choose to bring some flip-flops or sandals for downtime.



*Comfortable clothing is best for your ziplining adventure*

## Sample Checklist

**Please note:** Remember, **PACK LIGHTLY** and according to the activities you will be enjoying. If you are with a Serendipity guide, you'll have laundry en route (Laundry service is NOT included). This list covers lots of activities, possibly more than you'll be doing on your trip:

### Clothes

- 2-3 cotton/natural fiber shirts** for afternoons/evenings (could include one casual button-up).
- 1-2 moisture-wicking shirts** for adventure activities (Capilene/polypro/dry-fit/Coolmax/rash guard).
- 2-3 shorts** (1 pair should be longer board-type shorts; one pair could be casual dress for evenings/cultural activities; 1 pair could be longer 3/4 or full-length neoprene/spandex type sports pants).
- 1 pair of lightweight hiking pants** for keeping out the sun, bugs, and foliage (these could serve as casual dress too, if not used for activities).



- 1 pair of heavier-weight pants** for horseback riding or casual dress wear (optional).
- 1 long-sleeved lightweight shirt** for protection from sun, bugs, and foliage (optional).
- 1 fleece or sweatshirt** for cool evenings (you'll need it for the plane, too).
- 1 or 2 bathing suits** (2 if you head to the beach).
- 1 lightweight shell-type rain jacket or poncho w/ hood.**

## Footwear

- 1 pair of sneakers or multi-sport shoes** for getting wet and muddy with CLOSED TOES. No TEVAS or Velcro closure shoes! Velcro doesn't hold when it gets wet.
- 1 pair of sneakers or closed shoes** for staying dry.
- 1 pair of sandals or comfortable shoes** for staying dry (and nice evenings).
- 3 pairs of socks** (2 pairs should be moisture-wicking, quick dry type, the other could be cotton).

## Gear/Accessories

- Hat** (wide brim recommended) and **Bandana**.
- Flashlight** and spare batteries (headlamps are a good option).
- Personal toiletries.**
- Sunblock and Insect Repellent.**
- First Aid/Meds** (personal medications, band-aids, after-bite lotion/cream, sunburn lotion (aloe), painkiller of your choice, stomach medicine).
- Sunglasses, prescription glasses, or contact lenses;** with chums or some sort of string to your head, and/or contacts, fluids, and spares.
- Camera** (include extra batteries charger, extra memory cards, dehumidifying salts, hand towels, lens cleaning cloth, pelican box, or camera bag).
- Binoculars** (optional).
- Day bag/backpack** to carry your water and snacks.
- Dry bags** to keep your items clean and dry inside your backpack.

## Activity-specific gear

- Biking:** gloves and padded shorts (note: Serendipity does provide basic-quality biking gloves).
- Canyoning:** neoprene, fleece, or wool socks (for those susceptible to cold temperatures highly recommended to bring neoprene-based long pants).
- Horseback:** leather boots/gloves.

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