



COSTA RICA PACKING LIST - FEBRUARY

CLOTHING

_____	T-Shirts	_____	Hiking boots or sneakers
_____	Sweatshirt/Fleece/Long-sleeved shirt	_____	Water shoes with heel strap
_____	Pants/J Jeans	_____	Pajamas
_____	Shorts	_____	Swimsuit/Towel
_____	Underwear	_____	Waterproof jacket
_____	Socks	_____	Sun hat

HYGIENE

_____	Toothbrush & Toothpaste
_____	Deodorant
_____	Sunscreen
_____	Lip balm & Bug spray
_____	Medication
_____	Hand sanitizer & Cloth mask

MISCELLANEOUS

_____	One small suitcase with luggage tag
_____	Small backpack for day-touring
_____	PASSPORT and Notarized Permission to Travel
_____	Document
_____	Water bottle
_____	Spending money for souvenirs

INSECT BITE PREVENTION

International travel might put you at risk of exposure to parasite infections that are spread by insect bites. The best way for travelers to prevent leishmaniasis is to protect themselves from sand fly or other insect bites by following these preventive measures:

- Minimize the amount of exposed (uncovered) skin. Wear lightweight long-sleeved shirts, long pants, and socks; and tuck your shirt into your pants.
- Apply insect repellent to exposed skin and under the ends of sleeves and pant legs. Follow the instructions on the label of the repellent. The most effective repellents are those that contain the chemical DEET (N,N-diethylmetatolamide).

Average WEATHER for February

High: 84 Low: 70