

Packing List for Selva Verde Lodge

Here is a list of items that our visitors have found helpful for journeying in Costa Rica.

Remember...experienced travelers pack light!

and...

Fast drying clothing is highly recommended!

Accessories

- Sunscreen
- Insect repellent
- Personal hygiene products
- Prescription glasses/sunglasses (extra pair)
- Contact lens supplies
- Hand mirror
- Camera, film, and extra batteries
- Binoculars
- Flashlight and extra batteries
- Battery operated alarm clock
- Water bottle
- Plastic bags
- Backpack or fanny pack
- Dried fruit, pretzels, breakfast bars, granola, or other non-perishable snacks

Clothing

- Socks (bring extra)
- Undergarments (bring extra)
- Swimsuit
- At least 1 pair nylon shorts
- T-shirts
- Walking or sport shorts
- 1 pair cotton pants (for horseback riding)
- 1 pair lightweight pants (for mosquito protection)
- 1 lightweight long-sleeved shirt
- 1 windbreaker or rain jacket
- Hat
- Comfortable walking shoes or hiking boots
- Sport sandals or water shoes (for white-water rafting and showering)

In addition to your toiletries it is useful to pack a small medical kit, which you can easily prepare. Helpful items include a band-aids, antiseptic ointment, antihistamine (such as Benadryl), a pain-reliever, individually wrapped moist towelettes, anti-diarrhea medicine, and a small sewing kit.

Selva Verde Lodge:

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