

Suggested Packing List

Essentials:

- Passport (valid for at least six months after your arrival into Costa Rica)
- Cash (American dollars are fine: we don't recommend exchanging U.S. Dollars for Costa Rican colones before arrival into the country or at the International Airport, as the exchange rate is bad. U.S. Dollars are readily and cheerily accepted in Costa Rica.)
- Credit Card: Visa or MasterCard are the only two cards that Iguana Lodge accepts (many other businesses are the same).

Clothing:

- 1 pair of long pants (you can use these on the airplane, as a cover up for sunburn, and you may want to hike in them, although most people prefer to hike in shorts)
- 1 long sleeve shirt for sunburn protection
- Light sweater or jacket (really you just need this for the airplane ride – rain jackets don't work too well when the rain is this warm)
- 2 - 3 pairs of shorts/skirts
- 4 T-shirts, tank tops, casual shirts and/or blouses
- 3 swimsuits (most women also like a cover up or sarong)
- 1 casual dresses or skirt is totally optional and just for fun (especially if you plan on salsa dancing, although many Costa Rican women prefer jeans)

Shoes:

- Flip-flops, Tevas or Crocs or combo thereof
- Runners or hiking shoes – chances are whatever you bring will get wet, and some shoes dry better than others
- 1 - 2 pairs of socks
- Salsa dancing shoes only for the intrepid dancers (although a trip to town is fun to buy shoes, and flip flops work well too)

Toiletries: (many common toiletries can be easily purchased in town if you forget something, such as toothpaste)

- Sunscreen,
- Bug juice (optional with 20 -30%deet, deet is great to ward off malaria and dengue – generally not a problem on the Osa nor in Costa Rica)
- Advil or the like
- Neosporin
- Antibiotics (some folks like to travel with Cipro and other antibiotics)

Technical equipment:

- Travel Alarm (if planning early morning birding excursions, etc)
- Sunglasses
- Hat
- Camera (with a decent battery, and your charger)
- 1 small day or hip pack for day hikes
- 1 flashlight per person - if you want to look for turtles (May – December), bring flashlights that have a red covering.
- Binoculars for birders and avid jungle enthusiasts (how silly to remind birders of this!)
- Ziploc baggies to keep things dry
- Dry bags if you are planning on doing a lot of kayaking (most tour companies provide these anyway)
- A mask and snorkel if you would like to enjoy our nearby reef. We do have a few masks, snorkels, and fins for your use, but enthusiasts should bring their own so that they are guaranteed a good fit and availability.

Iguana Lodge does provide beach towels, sand mats, and yoga mats.