



Gear List

The best way to stay comfortable on any active adventure is going lightweight. Wearing the right versatile layers will insure a system with great ventilation and maximum protection in any conditions. The items on this list are just suggestions, however traveling with these items will give you the best chance for comfort and protection while in the tropics against any and all conditions. Your local Backwoods employee would be glad to help determine which product is right for you!

➔ Baggage

- Day pack.
- Large duffel bag.
- Luggage tags and luggage locks.
- Passport pouch or money pouch.

➔ Travel

- Casual clothing - lightweight, comfortable items for travel.
- Valid passport.
- Airline tickets.
- Electrical adapter plug.
- Earplugs.
- Travel pillow.

➔ Clothing

- Rain jacket/pants - waterproof and breathable.
- Hiking shorts, quick drying.
- Light fleece.
- T-shirts.
- Long-sleeve shirts-for evening or for extra sun/insect protection.
- Lightweight pants, quick drying.
- Underwear.
- Swimsuit.
- Sun hat or visor.

➔ Footwear

- Casual, comfortable shoes for evenings.
- Lightweight hiking boots or trail shoes.
- Water sandals/shoes.
- Hiking socks.

➔ Other

- Water bottles and/or Camelback (2-3).
- Headlamp and/or flashlight.
- Sunglasses and strap.
- Bandanas.
- Money (\$800-\$1,000 in cash, including some small US or Costa Rican bills).
- Camera, film, tripod.
- Batteries-extra for headlamp and camera.
- Small binoculars.
- Notebook, journal, pencil and pen.
- Pocket knife or multi-tool.
- Energy bars, hard candy, snacks and comfort foods.
- Personal first-aid kit.
- Insect repellent.
- Several Ziploc plastic bags.
- Heavy duty trash bag.

➔ Toiletries

- Small towel.
- Soap.
- Toothbrush and toothpaste.
- Handi-wipes (moist towelettes for cleaning).
- Hand sanitizer.
- Personal toiletry items.



note

Please take this list to one of our experts at your local Backwoods store for assistance with proper fit, how to care for and what product is best for you!