Expanded Equipment List for Costa Rica

Field Gear

* Fanny pack or back pack for fieldwork
* “Rite in the Rain” data books (2) level, spiral bound (item number #49318 $5.50 at forestry suppliers)
* Flagging tape (one roll, photodegradeable pink)--$2.05-item # 58043 at forestry suppliers
* Mechanical pencil with extra leads (these work better than the waterproof pens)
* Waterbottles, camelbak, and/or canteen (we have 5 gallon jugs of water available at all times)
* Flashlight, preferably one that does not need batteries. If you bring one with batteries, please either bring rechargeable or be prepared to take your used batteries to the appropriate facility in the US for proper disposal.
* Pocket knife
* Permanent black marker (Sharpie-thick nib)
* Umbrella and/or light rain coat or poncho
* Compass
* Whistle
* Non-aerosol repellent (about 17-30 % deet works best) (3)
* Binoculars (waterproof are best, 10 x 40 recommended but not required)
* Digital watch with repeat timer and alarm (Timex ironman works well)

Field Clothing

* Long, light-weight baggy field pants (convertibles are fine) (2-3)
* Quick-drying light-weight short sleeve or long sleeve shirts (5) (short sleeves=more deet on skin but are cooler, long sleeves afford more protection from mosquitoes and sun)
* Rubber boots to below the knee (available at forestry suppliers but may be less expensive elsewhere)
* Field socks (long hiking type are best) (7)
* Hat or bandana

Classroom Gear

* Notebooks (for lecture notes and writing your proposal and final paper)
* Millimeter graph paper (if you can find it)
* Colored pens or pencils and a ruler
* Calculator with instructions

Around the Station

* Mosquito bed net (optional-not necessary, but may increase comfort level if you have issues with insects)
* Clothespins (we can share these) (10)
* Biodegradable detergent for your clothes (handwashing – there is no washer)
* Athletes foot medicine and powder (if you have ever had athlete’s foot, bring this stuff for protection)
* Powdered Gatorade packets (very nice to have if you get dehydrated) (2-4)
* Ziplock bags (small and large are nice to have) (10 each size)
* Large garbage bags (garden variety) (10)
* Shorts (2)
* Shower flip-flops (reduce chances of athlete’s foot)
* T-shirts and/or tank tops (4-5)
* Underwear (10)
* Sleeping clothes
* Bathing suit (pool at the hotel)
* Sandals, tennis shoes to wear around station
* Lt weight blanket
* Lt weight body towel and wash cloth
* Anti-fog drops if you wear glasses
* Your personal toiletries – biodegradable recommended (shampoo, conditioner, face soap, etc.)
* Personal first aid kit including aspirin, ibuprofen, antibiotic cream, band aids, mole skin, allergy medicine, etc.
* Stomach medication (pepto, kaopectate)

Optional/Miscellaneous Stuff

* Laptop computer (nice to have but not required for the course, you take a risk bringing it)
* Camera
* CDs/Personal stereo with headphones (We might not all share your excellent taste in music)
* Plastic river type bag with silica gel pack (especially if you bring a fancy camera, camcorder, or computer – it’s pretty humid)
* Treats (snacks, candy, energy snacks)—pack in ziplocks
* Novels, magazines (although I do plan to keep you busy)
* Stickers, crayons, coloring books to give to kids in Primavera (the village next to the station)
* Sewing kit
* A small roll of duct tape is always useful.
* Tea bags (we will always have coffee available)
* One set of nice or casual clothing/ we may go to dinner in Cariari
* One set of clothing for your return trip to the states