



# Gear for the Adventurer

## Galapagos, Costa Rica, & Panama “What to Pack” List

Here is the list of Essential Items you should plan on taking with you on your adventure to the Galapagos, Costa Rica, and Panama. Should you need to purchase any of them for your upcoming trip, simply print this page and use it as a reference as you browse, click, and shop your way through the “Galapagos, Costa Rica, Panama” section in the “Shop by Destination” category. You’ll find everything you need in a convenient “easy-to-use, one-stop shop.”

- Teva or similar water sandals/shoes for wet landings:
  - Aqua Terra Sandals by TEVA - Men’s, Ladies’, Kids
  - Kisatchie Sandal Shoes
- Comfortable closed-toed walking shoes, like sneakers or lightweight hiking boots:
  - Kisatchie Sandal Shoes
  - eVent Waterproof Lightweight Hiking Boot\
- One or two bathing suits - swimming shorts with secure zipper or Velcro pockets are an excellent choice, especially when worn in combination with UPF-rated quick-dry tops & T’s that give you “wardrobe flexibility”:
  - Bay Island Shorts - Men & Ladies
  - Safari, River, & Trail Shorts - Kids
  - Hydrosilk UPF Rash Guard Swimming & Snorkeling Tops - Men, Ladies, & Kids
- Long sleeve, lightweight, quick drying, sun-protective shirt:
  - Adventurer Sun Shirt - Men, Ladies, & Kids
  - SunPro UPF Long Sleeve Performance T-shirt - Men & Ladies
- Short sleeve, lightweight, quick drying sun-protective T-shirts:
  - SunPro UPF 50 Short Sleeve Performance T-shirt - Men & Ladies
  - Active T - Kids

- Versatile quick-drying, lightweight pants:
  - Classic Convertible Pants - Men & Ladies
  - Convertible Pants - Kids
  - Sunblocker Featherweight Khakis - Men & Ladies
- Lightweight jacket:
  - The Thunder Rain Jacket - Adult Unisex & Kids
  - ScotteVest Convertible Jacket / Vest - Adult Unisex
  - ScotteVest - 22 Pockets - Men & Ladies
- Compact collapsible umbrella
  - WWF Umbrella
- Fleece or sweatshirt for cool evenings and air-conditioned interiors
  - Microfleece Jacket for Men
  - El Cap Fleece Jacket for Ladies
  - Fleece Pullover - Kids
- Small backpack (1600 cubic inches - a waterproof pack is best):
  - Dry Peak Ultralight Waterproof Day Pack
- Plastic bags or waterproof sacks made by companies like Aquapac, to keep camera, I-pods, and other technical devices dry:
  - Waterproof Camera Case
  - Waterproof Whanganui Sack
- Sun protection: waterproof sunscreen (SPF 30 minimum) & lip balm:
  - Aquasport Waterproof SPF 30 Sunscreen
  - SPF 25 Lip Balm
- UPF-rated, sun-protective hat:
  - Adjustable Air Mesh Hat - Men & Ladies
  - Tilley Hat - Men & Ladies
  - Ladies Sport Hat
  - Sun Tripper Hat - for everyone
  - Sun Runner Hat - Kids

- Sunglasses:
  - Econo Everest Glasses
  - Sunglasses by SMITH - Polarized with Interchangeable Lenses
- Binoculars - compact, waterproof, rubber-armored are best:
  - Amphibian H2O Waterproof 10 x 25 Binoculars
- Insect repellent:
  - Ben's DEET 30
- Small flashlight or headlamp:
  - Aurora Headlamp
- Antibacterial lotion:
  - Hiker's Hand Sanitizer
  - Fresh Bath Travel Wipes
- Prescription medicines (an adequate supply to last your entire journey), and written copies of your prescriptions from your doctor. While it may be possible to refill prescriptions during your journey, the availability of refills cannot be guaranteed. What's more, refilling prescriptions in foreign countries can be difficult and time-consuming.
- Travel alarm clock
- Camera, lenses, and plenty of film and/or memory cards, and extra batteries