

Packing List, By Activity:

In General: You are traveling in the tropics. The weather can alternate between heavy rain and extreme sun within hours. Quick dry, wick-away, light colored clothing is advised. Long sleeves and pants offer better protection from the sun, insects and foliage. Pack a warm sweater and non-insulated shell jacket for the evening/high altitude chilly temperatures.

Bring at least **2 pairs of shoes**: one for dry activities and one for wet activities. Both pairs should be closed-toed and supportive. Dry shoes may be supportive running shoes or hiking shoes. Wet shoes may be an old pair of running shoes, but even better would be Merrell's Mainstree or Soloman's Gecko. For evenings a pair of sandals or tennis shoes will be ideal.

Serendipity trips include all necessary activity-specific gear and safety equipment, such as harnesses for canyoning and life vests for rafting. If you own customized accessories or personal gear you wish to use please consult with Serendipity trip planners to insure it's worth using and meets Serendipity safety standard.

White Water Rafting/Kayaking: Be prepared to get soaked! Clothing should be lightweight and quick dry. If you're sensitive to the cold, wear synthetic thermal underwear (eg. Capilene). For sunglasses, remember to bring a safety strap to keep them on. When you are on the river we'll provide a dry bag that can carry everything you need during the trip (sunscreen, sunglasses).

Canyoning: Be prepared to get soaked and cold! Bring layers of quick dry clothing. Use synthetic thermal underwear (eg. Capilene, Spandex, lycra) or if you're extra sensitive to the cold, a scuba diver's "shortie". We provide a "splash jacket" for warmth. Socks are important to keep your feet warm, especially of neoprene or wool material. Serendipity provides basic-level gloves but for maximum comfort and protection please consider bringing your own.

CAUTION: Please be prepared if you are extremely cold sensitive!!

Horseback Riding: Long pants should be denim, corduroy, or khaki. Add an underneath thin pant layer to avoid chaffing. A collared shirt covering the neck and hats are useful. Running shoes will suffice, yet it is best to wear a shoe with a heel. High socks protect lower legs.

Biking: Use athletic wear of your choice, but remember it can be hot in the sun, and wet in the rain. A chase vehicle will be able to carry sunscreen, bug repellent, clothing layers, etc. Padded biking shorts add comfort to your day.

Tree Climbing and Hiking: Within forested areas, light-wear long sleeves and pants protect from bugs and foliage. Footwear should be a supportive walking shoe, or a hybrid hiking-running shoes. A drawstring pant and high sock can prevent any insects or foliage to reach the leg/ankle.

All-Terrain Vehicles (ATVs): Expect to get muddy and wet, exploring the backcountry. Lightweight long sleeves, long pants with high socks will protect skin from bugs and foliage. Light colors and sunglasses, with safety strap, will protect from the sun.



High performance multi-sport (wet/dry) shoe.



Spandex-Neoprene adventure sports pants



Franzi is well outfitted for rugged canyoning

Camping: In the evening, the temperature drops significantly. Pack layers and warm clothing. You may consider bringing a pocketknife and a small flashlight (**headlamp work better**).

Canopy Tours: Other wise known a “ziplining”, requires comfortable and athletic clothing. Please ensure all jewelry, watches, hats or sunglasses are well secured so they do not fall off while on the zip-line, or you will lose them.

Hot Air Ballooning: Balloon flights take place at sunrise, when it can be chilly. Lightweight, light colored clothing is preferable. Wear an easily removed layer because the flight ends under the shining sun.

River Float Safari: All day under the open sky, clothing is best lightweight, light colored, of quick dry material, and can get wet. A good safari hat is recommended for this day, preferably with wide brim to protect from extended exposure to sun..

Cloud Forest: Here, a regular hiking outfit is appropriate. Much of Costa Rica is at high altitude (3000-4000 ft.), and especially in the cloud forests, it can get into 50°F (10°C) after sunset, so use layers for warmth.

Evenings and Rest: Depending on personal preference, you may want to bring an outfit or two appropriate for the evenings’ dinners out, or dancing. Although you’ll be in “adventure mode”, our Serendipity guests clean up quite beautifully! Many travelers choose to bring some flip-flops or sandals for down time.



*Quick-dry hiking pants w/
zip-off legs*

Sample Packing List

NOTE: Remember, **PACK LIGHTLY** and according to the activities you will be enjoying. If with Serendipity guide, you'll have laundry en route (**Laundry service is NOT included**). This list covers lots of activities, possibly more than you'll be doing on your trip:

Clothes:

- ___ 2 - 3 cotton/natural fiber shirts for afternoons/evenings (could include one casual button-up).
- ___ 1 - 2 moisture-wicking shirts for adventure activities (capilene/polypro/dry-fit/coolmax/rash guard).
- ___ 2 - 3 shorts (1 pair should be longer board-type shorts; one pair could be casual dress for evenings/cultural events; 1 pair could be longer 3/4 or full length neoprene/spandex type sports pants).
- ___ 1 pair of light weight hiking pants for keeping out the sun, bugs, and foliage (these could serve as casual dress too if not used for activities).
- ___ 1 pair of heavier weight pants for horseback riding or casual dress wear (optional).
- ___ 1 long sleeved lightweight shirt for sun, bugs and foliage (optional).
- ___ 1 fleece or sweatshirt for cool evenings (you'll need it for the plane, too).
- ___ 1 or 2 bathing suits (2 if you head to the beach).
- ___ 1 lightweight shell-type rain jacket or poncho w/ hood.

Footwear:

- 1 pair of sneakers or multi-sport shoe for getting wet and muddy - CLOSED TOES!. No TEVAS or Velcro closure shoes! -- Velcro doesn't hold when it gets wet.
- 1 pair of sneakers or closed shoe for staying dry.
- 1 pair of sandals or comfortable shoe for staying dry and nice (evenings).
- 3 pairs of socks (2 pair should be moisture-wicking, quick dry type, the other could be cotton).

Gear/Accessories

- Hat (wide brim recommended) & Bandana.
- Flashlight and spare batteries (headlamps are a good option).
- Personal toiletries.
- Sunblock & Repellent.
- First Aid/Meds (Personal Medications, band-aids, after bite lotion/cream, sunburn lotion (aloe), pain killer of your choice, stomach medicine).
- Glasses (sunglasses; prescription glasses or contact lenses; chums or some sort of string Glasses and back up pair & strap to hold them to your head, and/or contacts, fluids and a spare set of lenses).
- Camera (include extra batteries charger, extra memory chips, dehumidifying salts, hand towels, lens cleaning cloth, pelican box or camera bag).
- Binoculars (optional).

Activity-specific gear:

- Biking: gloves and padded shorts (note: Serendipity does provide basic-quality biking gloves).
- Canyoning: neoprene, fleece or wool socks (for those susceptible to cold temperatures highly recommended to bring neoprene-based long pants).
- Horseback: leather boots/gloves.