

Costa Rica travel checklist

Documents

- Passport
- Tourist Visa (if applicable)
- International travel insurance
- International medical insurance
- Debit and credit cards
- ID
- Driver's license
- Vaccination records
- Digital Nomad Visa (for stays longer than 90 days)

Must-haves

- Reusable water bottle
- Snacks and energy bars
- Small first aid kit
- Sunglasses
- Reef-safe sunscreen
- Bug repellent
- Travel-size toiletries
- Wet wipes and hand sanitizer

Footwear

- Comfortable walking shoes
- Running shoes
- Flip flops or sandals
- A more elegant pair of shoes
- Sandals



Costa Rica travel checklist

Rainy season clothes

- Waterproof jacket
- Rain pants
- Insulated layers
- Quick-dry clothing
- Moisture-wicking socks
- Rain poncho
- Moisture-wicking shirts & shorts

Dry season clothes

- Swimsuits
- Cover-ups
- UV long-sleeve shirts
- Light sweater or jacket
- Evening wear for dining out
- Linen pants or capris
- Lightweight, breathable tops
- Quick-dry shorts and skirts

Electronics

- Noise-canceling headphones
- Portable Bluetooth speaker
- Portable power bank
- Headlamp or flashlight
- eSIM



Costa Rica travel checklist

Other essentials

- Travel-size toiletries
- Bug repellent
- Sunglasses
- Reusable water bottle
- Wet wipes
- Hand sanitizer
- Lightweight daypack
- Non-perishable snacks
- Small first aid kit
- Sunscreen

Beach gear

- Sun-protective shirts
- UV-blocking sunglasses
- Wide-brim sun hat
- Waterproof, reef-safe SPF
- After-sun lotion
- Moisturizer
- Bug spray
- Beach umbrella / sunshade
- Linen cover-ups and pants
- Water shoes
- Sandals or flip-flops
- Quick-dry towels
- Waterproof phone case
- Waterproof bag
- A small cooler
- Thermal water spray



Costa Rica travel checklist

Volcano hikes

- Headlamp or flashlight
- Extra batteries
- Binoculars for wildlife spotting
- Shelf-stable snacks
- Electrolyte tablets
- Swimsuit for hot springs
- Lightweight travel towel
- Hiking shoes or hiking sandals

Cloud Forest hikes

- Waterproof hiking boots
- Rain jacket
- Waterproof backpack cover
- Waterproof pants
- Waterproof hat
- Waterproof bags for electronics
- Gaiters
- Waterproof socks
- Fleece layers
- Silicone spray

Rafting gear

- Quick-drying clothes
- River shoes
- Plastic bag for wet clothing
- Duct tape
- Accessories with straps
- Waterproof camera
- Change of dry clothes

