Documents

- Passport (valid 6+ months)
- Tourist Visa (if applicable)
- International travel insurance
- International medical insurance
- international medican
- Flight itinerary
- Accommodation confirmation
- Driver's license
- Emergency contacts
- Extra passport photos

Electronics

- Universal power adapter (type
 - C & E, 220 V)
- Portable charger
- eSIM
- Camera
- headphones

Personal care

- Sunscreen (SPF 30+)
- Moisturizer and lip balm
- Travel-sized toiletries
- Hand sanitizer and wipes
- Compact first-aid kit
 - Insect repellent



Year-round essentials

- Lightweight shirts and pants
- Modest clothing (cover
- shoulders/knees)
- Scarf for sun and cultural
- sites
- Comfortable walking shoes
 Sunglasses and sunhat

Spring/fall clothes

- Light jacket or sweater
- Layered clothing

Summer clothes

- Breathableclothing
- Extra sunscreen
- Wide-brimmed hat
- Sandals/flip-flops

Winter clothes

- Warm jacket
- Sweater or fleece
- Sturdy shoes/boots



Outdoor adventures

- Daypack
- Trekking poles
- Refillable water bottle
- Quick-dry towel
- Water shoes

City & cultural visits

- Crossbody bag
- Modest, lightweight clothing
- Small notebook

City & cultural visits

- Smart-casual outfit
- Comfortable dress shoes
- Light jacket or shawl
- Small bag or clutch



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

