

# Costa Rica

## ULTIMATE PACKING LIST FOR HER

### CLOTHES

- Sleepwear
- Underwear and Bras
- Socks
- Sun Dresses
- Activewear
- Rompers and Jumpers
- Shorts and Tees
- Nice outfit for pictures
- Sun Hats

### TOILETRIES

- Body Wash
- Shampoo/ Dry Shampoo
- Conditioner
- Deodorant
- Razor
- Toothbrush and Toothpaste
- Sunscreen
- Mosquito Repellant
- Moisturizer
- Makeup
- Chapstick
- Qtips
- Hair Brush/Comp
- Hair Tools (Hot Iron, Curler etc)
- Hair Gel/Mouse/Product
- Hair clips, elastics pins
- Tampons/Sanitary Pads
- Contact lenses and solution

### ELECTRONIC GEAR

- iPad or eReader
- Laptop
- Campera
- Chargers for phone, laptop, iPad
- Charger for Camera
- SD Card with lots of room!

### FOR THE POOL

- Towels (if not provided)
- Swimsuits
- Water Shoes
- Wet Bag
- Swim Cover Up
- Safe-GO Portable Safe

### SHOES

- Flip Flops
- Dressy Sandals
- Loafers or Dress Shoes
- Running Shoes
- Deck Shoes

### FOR THE PLANE

- Pillow
- Headphones
- Gum
- Snacks
- Water Bottle

### IMPORTANT!

- Passports
- Hotel and flight itineraries
- Currency + Bank Cards

*Don't Forget!*  
Write any extras here

# Costa Rica

## ULTIMATE PACKING LIST FOR HIM

### CLOTHES

- Sleepwear
- Underwear
- Socks
- Tees
- Activewear
- Polos
- Shorts
- Long sleeve
- Long Pants

### TOILETRIES

- Body Wash
- Shampoo/ Dry Shampoo
- Conditioner
- Deodorant
- Razor
- Shave gel
- Toothbrush and Toothpaste
- Sunscreen
- Mosquito Repellant
- Moisturizer
- Chapstick
- Qtips
- Hair Brush/Comp
- Hair Gel/Mouse/Product
- Contact lenses and solution

### ELECTRONIC GEAR

- iPad or eReader
- Laptop
- Campera
- Chargers for phone, laptop, iPad
- Charger for Camera
- SD Card with lots of room!

### FOR THE POOL

- Towels (if not provided)
- Swimsuits
- Water Shoes
- Wet Bag
- Safe-GO Portable Safe

### SHOES

- Flip Flops/Casual Sandals
- Deck Shoes
- Loafers or Dress Shoes
- Running Shoes

### FOR THE PLANE

- Pillow
- Headphones
- Gum
- Snacks
- Water Bottle

### IMPORTANT!

- Passports
- Hotel and flight itineraries
- Currency + Bank Cards

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# First Aid Kit

## ULTIMATE TRAVEL FIRST AID WITH KIDS

### TUMMY MEDS

- Miralax/Restoralax
- Probiotics
- Probiotic Baby Drops
- Pepto-Bismol
- Immodium
- Gravol
- Gravol Suppositories
- Hydralyte
- Antacids

### FOR SLEEP

- Melatonin

### BANDAIDS AND MORE

- Variety of Band-aids
- Gauze
- Polysporin

### COUGHS AND COLDS

- Thermometer
- Nasal Aspirator
- Hydrasense Saline
- Nasacort Nasal Spray
- Boogie Wipes
- Vapolypse
- Hand Sanitizer

### ACHES AND PAINS

- Voltaren Gel
- Tylenol Adult
- Tylenol Kids
- Advil Adult
- Advil Kids
- Oragel

### PRESCRIPTION MEDS

- Antacids
- Allergies Meds
- Epipen Jr.
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### OTHER

- Yeast Treatment
- Eye Drops
- Vitamins and Other Supplements
- Benadryl

### PACK IT UP

- Pill Sorting Container
- Empty Wipes Container

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# Costa Rica

BRINGING A BABY? USE THIS LIST!

## CLOTHES

- Sleepers
- Onesies
- Pants/shorts
- Socks
- Nice outfit for pictures
- Hats

## FOR SLEEP

- Noise Machine
- Black out curtain
- Sleep sacks/ Swaddlers
- Baby Monitor
- Merlin Sleep Suit
- Soothers

## FEEDING

- Breast pump and charger
- Bottles for milk
- Inflatable breastfeeding pillow
- Microwave sterilizer bags
- Dish Detergent
- Formula - Travel Packs or Liquid

## DIAPERING

- Wipes
- Diapers
- Diaper Disposal Bags
- Zincofax Spray Diaper Cream
- Canesten Cream
- Diaper Bag

## BABY GEAR

- Stroller (Full Size)
- Baby Bjorn Bouncer
- Phil and Teds Traveller Crib
- Baby Carrier
- Bucket Car Seat
- Portable Stroller Fan
- Car Seat UV and Mosquito Shield

## FOR THE POOL

- Floatie
- Baby sunglasses
- Swim Diapers
- Swim Suits
- Sun Hat
- Wet Bag

## BABY TOILETRIES

- Baby Wash/Shampoo
- Natural Sunscreen
- Boogie Wipes
- Nasal Aspirator

## TOYS

- Car Seat Toy
- Soft Rattle
- Oball
- Picture Books

*Don't Forget!*  
Write any extras here

# Costa Rica

BRINGING A TODDLER? USE THIS LIST!

## CLOTHES

- Sleepers
- Underwear
- T-Shirts
- Pants and Shorts
- Nice outfit for pictures
- Hats
- Socks + Shoes (2 pairs)

## FOR SLEEP

- Noise Machine
- Black out curtain
- Sleep sack
- Baby Monitor
- Lovey or Soothers

## FEEDING

- Sippy cups
- Silicone Cup Covers
- Yum Box
- Microwave sterilizer bags
- Dish Detergent

## DIAPERING/POTTY

- Flushable Wipes
- Diapers/ Pull Ups
- Diaper Disposal Bags
- Spray Diaper Cream
- Canesten Cream
- Diaper Bag

## TODDLER GEAR

- Stroller
- Baby Gate (if driving)
- Phil and Teds Traveller Crib
- Toddler Travel Car Seat

## FOR THE POOL

- Puddle Jumper
- Sunglasses
- Swim Diapers
- Swim Suits
- Sun Hat
- Wet Bag
- Water Shoes

## TOILETRIES

- Wash/Shampoo
- Natural Sunscreen
- Kids toothbrush
- Kids toothpaste
- Hairbrush/Comb
- Hair elastics and clips

## TOYS

- Folding Car Mat
- iPad with Case
- Books
- 3 or 4 favourite small toys

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