

## DIVE TRAVEL PACKING CHECK LIST

### TRAVEL DOCUMENTS:

- Valid Passport (extends at least six months past trip return date).
- Contact names & telephone numbers in case of an emergency.
- Airline Tickets if you are supposed to have hard copies for this trip.
- Diver's Certification Card (s) including Nitrox Cert Card if diving Nitrox. If medical condition requires, bring Dr's OK to Dive.
- Insurance cards: Personal Medical, Divers Accident Insurance (D.A.N.), Trip Cancellation/Interruption Insurance docs. Cash, Credit Cards, ATM Cards to cover out-of-pocket trip expenses including but not limited to: Drinks, Taxis, Gratuities, (Resort recommends 10% to 15%). The Colon is the official currency with the US \$ also being widely accepted. Change USD cash at the bank or your hotel after you get to Costa Rica. If you exchange the currency at the airport you will receive as much as 30% less than the bank or hotel. Visa, MasterCard, and American Express are widely. However Discover Card is only accepted at a few locations.

**Airline Luggage Requirements and Weight Limits: For up-to-date information about luggage weight limits, allowed items in carry-on and in checked bags, consult [www.tsa.gov](http://www.tsa.gov). Be prepared to pay weight overage fees with local currency cash or credit card.**

### Hand Carried Luggage:

- Mask
- Regulator set (if connected to your computer)
- Computer
- Change of Clothes

**Checked Luggage: In order to protect your dive gear, it is recommended that dive gear be packed in luggage specifically designed for such purpose.**

- Mesh bag to carry dive gear r/t from room/ locker to dive boat.
- Dive Knife - Pack in checked luggage only!
- Snorkel
- Fins
- Booties
- BCD
- Exposure Suit(s): Water temps: 77-82 degrees. Full-body suit recommended to protect against coral burn and stinging water critters. Your body will lose heat over repetitive days of diving. At least 3mm to 5mm thickness depending on personal temp tolerance. Pack a back-up 2-3 mm Vest if you tend to get cold easily.
- Lycra Hood: Invaluable to add just a touch of extra warmth as you progress through the dive week (s).
- Underwater Light with extra batteries & bulb. Remove batteries from Light and pack separate from light.
- Underwater Timing Device & Slate.
- Log Book.
- Boat Signaling Devices: Whistle, Dive Alert, Safety Sausage.
- Equipment Protection Devices: Gauge Retractors, Octo Holders, Coiled Light Lanyards, Gear Clips.
- Extra Computer Batteries, Save-A-Dive Kit and extra supplies for your camera.
- If taking a class while on the trip, all special equipment required to do the class. Ask Instructor what you need to take.
- Travel Electrical Voltage Converter/Adaptor Plug Kit is not required. Costa Rica is the same as USA.

### Recommended Clothing:

The temperature in Costa Rica in January is in the mid-80's. Light colored, loose fitting, light weight clothes: Shorts, T-Shirts, Swimsuits, Windbreaker, Sun Hat, Sun Glasses, one set of sweats, one long-sleeve shirt, one pair of long pants. Remember we will be headed to the Arenal Volcano, while the temperatures won't change but a few degrees you will want to have long pants and a wind breaker just in case.

**Recommended Medications & Sundries:** Even if you have never experienced any of the symptoms described below, please pack the recommended remedies. I've seen too many lost dive days due to "I didn't bring such and such because I never get sick." Most common complaints are motion sickness (boat), ear infection (repetitive diving) and vomiting/diarrhea due to exposure to viruses aboard planes or adverse reaction to foreign food/water. Always first consult your physician about any meds you need to take with you to remote dive trip destinations where a drug store/physician/hospital is not around the corner.

Travel Toilet Seat Cover & Paper Roll packets, Hair Dryer, if you can't live without it. Wash Cloth, Woo lite, Sunscreen and Ointments to treat sunburn, bug stings and scrapes. Your Prescription Drugs in original containers. (Copy of doctor's prescription for diabetic needles taken on board plane.)

- Head & Chest: Over-the-counter meds such as Cough Syrup, Non-drowsy antihistamine, decongestants, nasal saline solutions, Prescription antibiotic.
- Dysentery medication: Imodium, Pepto Bismol tablets, prescription antibiotic. Motion Sickness: Ginger Root, Bonine, Meclizine, Wrist Bands, prescription TRANSDERM SCOP patches.
- Insect Repellent: Containing 100 or 95% D.E.E.T. to help prevent bites. An After-Bite stick and Benadryl tabs.
- Swimmer's Ear or Flue-like Illness: Vinegar, Over-the-counter Ear Solution, Prescription Ear Infection Medication, Prescription antibiotic.