



CANADIAN ORGANIZATION FOR TROPICAL EDUCATION AND RAINFOREST CONSERVATION

P.O. Box 335 • Pickering, Ontario • L1V 2R6 Tel: (905) 831-8809 Fax: 905-831-4203
Email: info@coterc.org • Charitable Number 890096183 RR001
Web: <http://www.coterc.org>

Staying at Caño Palma: Preparation Guide

To ensure a comfortable and enjoyable stay, carefully read the following information and use the checklist when packing. Please label all items with a permanent marker (eg- J. Doe).

WHAT TO BRING:

- * Passport, second piece of ID (eg- Drivers Licence), Medical Insurance Information, Flight Ticket/Information
- At least one photocopy of each of the above items, safely stored away in case of an emergency
- Light weight (cotton) long pants (side pockets are ideal)
- Light weight long sleeve shirts for hiking and evenings
- T-shirts/short sleeved shirts and shorts for use around the camp
- Plenty of socks
- Rubber boots and sandals
- Mosquito net for your bed
- Hat
- Towel
- Reusable water bottle or canteen
- Sunscreen
- Prescription medication
- Several changes of underwear
- Rain jacket or poncho
- Toiletries- soap (phosphate-free), toothbrush, toothpaste, etc.
- Headlamp with spare batteries (rechargeable)
- Insect repellent (non-aerosol) or mesh bug jacket & hat

OPTIONAL:

- Small knapsack or hip-pouch for hiking and day-trips
- Digital/Film Camera (please avoid disposable cameras)
- Binoculars
- Small traveling game (eg- Chess)
- Reference books: Trees, Birds, Mammals etc... (eg- Peterson Field Guides)
- Travel Guide for Costa Rica (eg- Lonely Planet, Frommer's)
- Paper and pens/pencils
- Snacks⁺



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DO NOT BRING*: The following items are prohibited to ensure the safety and well-being of others *and* the wildlife.

- | | |
|-----------------------------------|--|
| <input type="checkbox"/> Alcohol | <input type="checkbox"/> Illegal narcotics (eg- marijuana) |
| <input type="checkbox"/> Firearms | <input type="checkbox"/> Pets |

- Please call the station (Estación Biológica Caño Palma) a day or two prior to let the station manager know of your arrival date: (local) 2-709-8052 (outside Costa Rica) 0-11-506-2-709-8052

- You will be living in a rainforest environment, which is often wet, with high humidity and hot temperatures. Prepare accordingly. This list is a minimum; you should allow for changes of clothing. It's important that volunteers bring a sense of ADVENTURE, positive attitude and a willingness to share and learn!

- Caño Palma is informal. There is no need for fancy dress clothes and we strongly discourage bringing or wearing expensive jewellery. We are not responsible for lost or stolen items.

+ The station provides three meals daily, but not snacks. Arrangements can be made for the station staff to buy food/drink items, on your behalf, during their twice-weekly visits to the village to get groceries.

** Drunken, illegal or improper behaviour will be grounds for dismissal, and may be punishable under law.*