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

**OPTIONAL:**

☐ Small knapsack or hip-pouch for hiking and day-trips

☐ Digital/Film Camera

(please avoid disposable cameras)

☐ Binoculars

☐ Small traveling game (eg- Chess)

☐ 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

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

- Alcohol
- Firearms
- Illegal narcotics (eg- marijuana)
- 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.