

# EAST COAST DIVERS, INC.

Brookline (617) 277-2216

Framingham (508) 620-1176

Fax (508) 620-7150

## COSTA RICA

### SUGGESTED DIVE VACATION PACKING LIST

After many years of helping divers plan dive trips, we have put together a list of suggestions for packing. These are only suggestions, and may not apply to every person or every dive trip. Pack light and tight. Most air carriers have weight and size restrictions, particularly small inter-island carriers. If you will be on a liveaboard boat, you should pack in a duffel or soft-sided luggage, as storage space is often limited. You should take valuables and personal medications in your carry-on. It's always a good idea to pack a change of clothes and a swimsuit in your carry-on as well, in case you arrive at your destination before you luggage.

#### DIVE GEAR

- Mask, fins, snorkel
- Extra straps (fins and mask)
- Extra mask if prescription
- Mask cleaner/defogger
- Booties
- BCD
- Regulator, pressure guage, depth guage
- Compass
- Dive Light
- Spare batteries, bulbs
- Chemical light sticks
- Lycra skin
- Wetsuit 5 or 7mm
- Dive logbook & tables
- Dive computer
- Dive watch/bottom timer
- Dive knife
- Underwater slate & pencil
- Gear bag
- Save a dive kit: mouth piece, o rings, tape, snorkel keeper

#### FIRST AID KIT

- Ear drops
- Decongestant
- Pepto Bismol or similar
- Aspirin or substitute
- Motion sickness medication
- Sunscreen
- Sunburn treatment
- Insect repellent
- Antibacterial cream
- Personal medications
- Toilet artides

#### CLOTHES (light weight cottons)

- Shorts
- T-shirts
- Swimsuits
- Skirt or sundress
- Long pants( light weight for horseback riding)
- Long sleeve shirt Windbreaker
- Sweatshirt or sweater(boat/resort)
- Lightweight raincoat
- Sneakers, walking or deck shoes
- Hat

#### CAMERA GEAR

- Camera/video & housings
- Lenses & filters
- Strobe & charger
- Lots of film/high & low speed

#### LAST MINUTE CHECKLIST

- Passport/proof of citizenship
- Diver's C card
- Airline tickets, vouchers
- Traveler's checks
- Cash (small bills for tips)
- Credit cards
- Drivers license
- Luggage (ident. Inside & out)
- Keys (luggage & house)
- Important phone numbers, addresses
- Small notebook/diary, pen
- Reading material/guide book
- Plastic bags, various sizes
- Flashlight, extra batteries
- Sunglasses, extra glasses
- Small transistor radio