



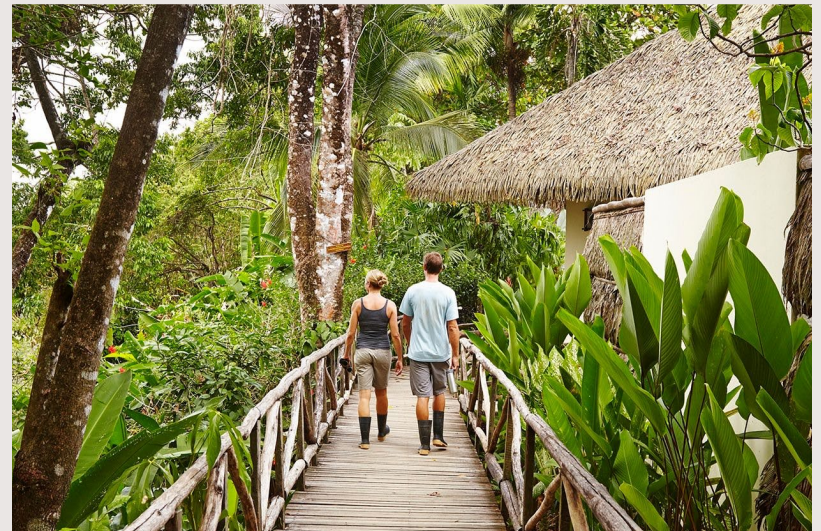
BOËNA
Wilderness Lodges

Lapa Rios Lodge

What to Pack?

The following is a list of suggested items to bring on your rainforest adventure. Please keep in mind that domestic flights in Costa Rica limit checked luggage to 1 bag per person, weighing a maximum of

- Lightweight, casual clothing appropriate for hiking such as light pants, shorts and shirts. Quick drying, athletic fabrics are recommended. Our dress code at the property is completely informal, so don't worry about bringing smart clothes for dinner or formal apparel. Bring a couple of extra shirts as hiking in the rainforest can be a sweaty affair.
- Knee-high sports socks (for comfort should you choose to wear our rubber boots for the rainforest hikes). Should you bring your own boots, we recommend lightweight, comfortable hiking or walking shoes that are waterproof.
- Sandals or water shoes
- Bathing suits & Reef Safe sunscreen
- Ball cap or sun hat
- Sunglasses
- Insect repellent
- Light raincoat when visiting during the rainy season
- Camera
- Basic medical kit (aspirin, band-aids, Imodium, antiseptic cream, antihistamine cream, any prescriptions etc.)
- A headlamp or small flashlight (the lights along our pathways are kept intentionally low so as not to disturb wildlife. Each room is equipped with one flashlight)
- Refillable water bottle
- Binoculars (or you may borrow them from reception).



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