

Clothes	Hygiene etc	General	Personal Recreation⁶	Camping⁸	Camping⁸
T-Shirts	Soap	Passport	Bird books	Tent/tarp	Dish pan
Short sleeved shirts	Toothbrush	Travelers cheques	Binoculars	Sleeping bags	Dish Detergent
Shorts	Toothpaste	Local Currency	Spotting scope	Thermorests	Pot scraper
Long-sleeved shirts ¹	Brush/comb	Money pouches	Birding Checklist	Camp pillows	J-cloth
Long pants ¹	Shampoo	Maps			Dish towel
Skirts/dresses	Deodorant			Pots/handles/griddle	
Socks	Shaver/razor/shaving cream	Umbrella/parasol ³		Coffee pot	Shovel
Underwear	Hair Dryer	Beach books		Stove	Hatchet
Hat	Personal medications	Beach towels	Emergency⁷	Grill	Rope
Bathing suit	Aspirins / pain killers			Carving knife	Saw
Closed shoes/sneakers		Camera	First aid kit	Fork	Twine
Sandals	Sun block	Film	Compass	Spoon	Bungee cords
Sweater/sweat shirt ¹	Bug spray	Flashlight	Whistle	Flipper	
Windbreaker ¹	Kleenex	Spare batteries			
Hiking boots				Knife	
Rain jacket ²		Sunglasses		Fork	
Rain pants ²		Water bottle		Spoons	
		Spare glasses ⁴		Plate	
				Cup	
		Padlock ⁵		Bowl	
		Cable ties ⁵			
		Pen, pencil			
		Hi-liter			
		Addresses for postcards, etc.			

Note¹: If you are going to medium to high elevations (e.g. Orosi, Cerro de la Muerte, Monteverde...), you will need something warm once the sun goes down.

Note²: If you are coming in the rainy season or if you are going to cloud forest areas (e.g. Monteverde...), you will need something to keep you dry.

Note³: An umbrella/parasol is a good idea whatever time of year you are coming. In the rainy season, it's obvious, and in the dry season, you will be much cooler.

Note⁴: You never know when you might lose your glasses. Your last pair might be very handy.

Note⁵: You might use a padlock to lock up your gear, for example, at a bus station. The cable ties could be useful instead of locks to secure your backpack.

Note⁶: In this column, you should insert whatever you need for your particular recreational pursuit. The items in the column now are suitable for someone coming on a birding holiday.

Note⁷: This group of items is optional, depending on how adventuresome you plan to be.

Note⁸: Of course, if you aren't planning to camp out, you can ignore these two columns.